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Manual of Physical Training
Games & Mass Competitions

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MANUAL OF PHYSICAL TRAINING GAMES AND MASS COMPETITIONS

By CHARLES H. KEENE, A.B., M.D.
DIRECTOR OF HYGIENE, MINNEAPOLIS PUBLIC SCHOOLS

ILLUSTRATED

YONKERS-ON-HUDSON, NEW YORK
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1920

In his work as Director of Hygiene for the public schools of Minneapolis, Dr. Charles H. Keene found a need for a simple manual of physical exercises which could be followed by grade teachers with no special training in the subject. There was need also for a list of games suitable for the different grades, with directions for playing them. To meet these needs, Dr. Keene prepared two bulletins, which were issued by the Minneapolis Board of Education. The usefulness of these bulletins was proved both by the results secured in Minneapolis and by the constant requests for them from other places. It became apparent that a simple manual with clear, detailed directions, covering all phases of physical exercise work for elementary schools, would be welcomed by teachers, supervisors, and superintendents. With a view to providing such a manual, Dr. Keene has prepared the "Manual of Physical Training, Games, and Mass Competitions," based on his outline for Minneapolis schools. The book is adapted to the needs of unsupervised as well as supervised schools, so that any teacher following it, whether in a city or a country school, irrespective of her training and experience in such work, can provide and conduct a standard course of physical training.

For the fundamental knowledge of physiology and bacteriology necessary to good health see "Primer of Hygiene," "Primer of Sanitation," and "Primer of Physiology" in the Ritchie-Caldwell New-World Health Series issued by the publishers of this book

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INTRODUCTION

PHYSIOLOGY OF EXERCISE

WHAT are the objects of exercise? They are four:

(1) Restoration to a normal physical condition; that is, medical or corrective gymnastics.

(2) Preservation or development of physical vigor; that is, the upbuilding of muscular, nervous, respiratory, circulatory, and nutritive power — what might be called hygienic gymnastics.

(3) Development of skill and better control of the neuro-muscular mechanism for certain mental and moral effects. This we may call educational gymnastics. This group may assume special types, as military for warfare, æsthetic for expression, industrial for manual training, etc.

(4) Diversion and social enjoyment. This is largely recreative, as games, athletics, dancing, etc.

Now, briefly, what are the effects of exercise?

Muscles are 40 to 50 per cent. of the body weight. Under exercise they gain efficiency, change in function and structure, and increase in endurance.

Nerves change in form but not in number, the cells branch out, and the nerves themselves transmit impulses more rapidly.

Bones become larger and firmer, and the muscular attachments roughen and become stronger.

The respiration becomes faster and deeper, the heart beat is faster and stronger, the arteries dilate, and perspiration increases. As the heart beats are more powerful, the big arteries are put on the stretch, and their elasticity forces the blood

through the capillaries in a steady stream; the increased respiration draws the blood from the big veins, and the contraction of the muscles forces the blood from the small veins into the large; thus the rate and volume of circulation is increased.

With excess of work, there is increased blood pressure, more blood is carried back to the heart, and the heart cannot take care of the excess. This causes breathlessness, a better name for which would be heartlessness. Second wind is due to the adjustment of peripheral resistance to this increased return flow.

By the alternate pressure, by muscle contractions on the lymph channels and by the release of these muscles, the lymph is renewed and freshened. Exercise also increases digestion both by increasing the blood flow and by increasing the amount of waste. There are many other effects which we have not time to go into.

By stimulating the circulation, exercise not only builds up tissue but cleans waste products from the brain and nerve cells, and therefore has a marked effect on the mental powers. After exercise, children grasp problems more quickly and with greater accuracy, and their mental alertness is increased. Moreover, physical training is educational of and by itself. Learning to do new things increases the reserve power of the mind. The mere acquisition by the human race of the ability to separate the thumb from the rest of the hand, developed a whole new brain area. The child re-lives the history of his race. This is particularly true of his motor acts and impulses.

PART I

OUTLINE IN PHYSICAL TRAINING

GRADES 1–8

GENERAL SUGGESTIONS

IN using this combination of formal exercises, plays, games, and rhythmic exercises, certain fundamentals should be borne in mind.

Obedience. It is essential that plays and games as well as formal exercises should inculcate respect for law. Therefore it is necessary to insist on absolute obedience to lawful command and to the rules of the game or play. By every means foster the spirit of fair play. The most harmful factor in athletics is lax enforcement of the rules, and the child who breaks the rules of his games with impunity will try to break the rules of his community; he becomes lawless.

Attention. Next to obedience comes attention. Muscular movement has little stimulative effect when it has become mechanical. The new is not mechanical, therefore a great variety of movements, plays, games, etc., is essential to the best results. It is best to use each play or game a few days, then change.

Physical Development. Plays, and games too, develop not only physical strength, health, endurance, and skill, but moral qualities, such as courtesy, chivalry, and loyalty. Teach the children to play the best game possible. The play loafer will become the work shirker.

Relation to Physiology and Hygiene. In carrying out this course in physical education, the teacher should keep in mind the close relation it bears to the lessons in physiology and hygiene that are taught in the grades. During all recesses and physical training periods, except when the weather is very inclement, teachers should have the windows open to the widest extent, both top and bottom. Whenever possible, exercises should be held out of doors. In buildings having large corridors, indoor exercises should be held there, as far as the size of classes permits.

Correct Carriage. Teachers will strive especially for correct carriage. See to it that children at all times sit, walk, and stand correctly. The attitude while sitting at the desk is most important, as to faulty attitude here most cases of lateral curvature of the spine in young children are due. In the physical training drill, especial attention should be given to correct form. No exercise is beneficial if the child is allowed to stand with drooping head and flattened chest.[1]

Cautions. Exercises calling into action large groups of muscles take more time than those using small groups of muscles. For instance, a trunk movement must be done more slowly than one of the arm or forearm. Trunk movements and respiratory movements may be done so rapidly as to be dangerous. Respiratory exercises should be given slowly, with a slight pause at the end of *expiration*, never at the end of inspiration, as holding the breath has a very bad effect on the circulation.

As every effort should be made to counteract the cramping of the child which nearly all desk work causes, the windows should be opened widely at frequent intervals and the children exercised vigorously. This is best done by two-minute periods of vigorous running, or a fast game, at 9 : 30 and 11 : 30 A.M. and 2 : 00 P.M., in

[1] Helpful discussions of the whole question of the carriage of the body will be found in Ritchie and Caldwell's *Primer of Hygiene* and Ritchie's *Primer of Physiology*, published by World Book Company.

addition to the regular ten-minute period at 10 A.M. Any vigorous game may be played, preferably one involving running and stooping.

Clothing. Children should be urged to wear the low, sensible, flexible shoe, such as athletes wear. Avoid pointed-toe shoes as well as high-heeled ones. Children should also be taught to avoid tight clothing. The young girl in a tight gown is neither graceful nor attractive; she is merely silly, and easy movement is hindered.

Commands. There are two kinds of command: (1) the *preparatory command* which tells what is to be done, and (2) the *command of execution* which starts the action. In the following pages, the preparatory commands are in ordinary type and the commands of execution in italic type. There should be a long enough pause between the preparatory command and the command of execution for the pupil to understand what he is to do. Give commands sharply and vigorously. On the vim and spirit of the command depends the vigor of the reaction. Indifferent commands produce indifferent results. The tone of command should be distinct and animated, and its loudness modified by the size of the class. Do not shout.

POSITIONS, EXERCISES, AND STEPS

Following is a brief description of the various positions and exercises used in the formal exercises.

Sitting position (preparatory for gymnastics) — feet squarely on the floor under the desk, buttocks well back in the chair, back erect and unsupported, hands at the sides.

Ready to stand — quickly place one foot in the aisle, hands at the sides, body erect. *Stand!* — with a push of the other foot stand in the middle of the aisle.

Ready to sit — move one foot toward the chair. *Sit!* — quickly sink into the chair without the aid of the hands.

I. Standing and Marching

Position! Take the *fundamental position*, heels together and on the same line, toes turned out equally to not over 60°, knees straight, body erect upon the hips, inclining slightly forward, so that the weight rests mostly on the ball of the foot, arms carried back of median plane and hanging naturally at the sides, head erect, chin drawn in slightly.

Position!

Position! means the fundamental position of all the parts of the body. Re — *Place!* means the fundamental foot position. *Halt!* means to stop the actively moving part, but not necessarily to resume the fundamental position.

At — *Ease!* Separate the heels and stand in an easy position.

Dress — *Forward!* Straighten the lines to the front (files), each child placing himself exactly behind the one in front. To get the proper distance between pupils, they may raise the extended arms directly forward and take such distance as just to avoid touching the one in front.

Eyes — *Right!* (or *Left!*) At the command turn the head sharply in the designated direction, so as to look along the line to the side. Any pupil not in line with those on his right should move forward or backward until he is in line. *Front!* Turn the head sharply to the front.

Right (or left) — *Face!* (1) Raise slightly the right (or left) toe and the left (or right) heel, and turn quickly to the right (or left), 90° on the right (or left) heel, assisted by a slight push with the left (or right) toe. (2) Immediately place the left (or right) heel beside the right (or left) in the fundamental position. In all the facings, avoid swinging the arms or shoulders to assist in the turn. All facings take two counts.

Right (or left) about — *Face!* Executed in the same way, except that the turn is 180°.

Half right (or left) — *Face!* Executed in the same way, except that the turn is only 45°.

Forward — *March!* At the command "Forward," throw the weight on the right foot; at *March!* step off with the left foot a full step. Always dress after marching or marking time.

Mark time — *March!* Raise the feet alternately, starting with the left, straight up about 4 or 5 inches, bending the knee quickly. The movement is similar to that of a swimmer treading water.

MARK TIME — *March!*

II. LEG MOVEMENTS AND BALANCE

Feet — *Close!* Raise the toes and balls of the feet by contracting the muscles of the lower leg (not by swaying the hips or body) and bring the toes inward until they touch each other. *Open!* Resume the fundamental position.

Feet sideways — *Place!* Done in two counts usually. At *One!* the left foot is placed its length to the left, and at *Two!* the right foot is placed its length to the right, maintaining the angle between the feet. Knees straight and the weight borne equally on both feet.

FEET SIDEWAYS — *Place!*

Feet together — *Place!* Resume the fundamental position in two counts, starting left.

If the command is *Jump!* instead of *Place!*, the feet are jumped to the above positions in a single movement.

LEFT FOOT FORWARD — *Place!*

Left (or right) foot forward — *Place!* Carry the foot straight forward twice its length, maintaining the angle between the feet. Weight distributed equally on both feet, both knees straight. Re — *Place!* Resume the fundamental position.

Left (or right) foot sideways — *Place!* Carry the foot to the left (or right) twice its length. Weight squarely on both feet, both knees straight. Re — *Place!* Resume the fundamental position.

Left (or right) foot outward — *Place!* Carry the foot obliquely forward and sideways twice its length, maintaining the original angle between the feet. Both feet squarely on the floor, weight equally on both feet, both knees straight. Re — *Place!* Resume the fundamental position.

Left (or right) foot backward — *Place!* Carry the foot backward twice its length. Both feet squarely on the floor, both knees straight, weight on both feet. Re — *Place!* Resume the fundamental position.

In all these foot placings, keep the shoulders squarely to the front.

Lunges may be made in any direction. They are more difficult to perform than the foot placings and are not for elementary work. In all the lunges, both feet are squarely on the floor.

Left (or right) forward — *Lunge!* The foot is carried straight forward three times its length, and planted so as to maintain the fundamental angle between the feet. The forward knee is bent to a right angle, the body is inclined forward so as to maintain a straight line from the head down the back and the rear leg. The weight is over the forward foot. The rear leg is straight, both feet resting squarely on the floor. The chest is held well up, and square to the front. The head is up and the chin in. Re — *Place!* Resume the fundamental position of the feet.

LEFT FORWARD — *Lunge!*

Left (or right) sideways — *Lunge!* The foot is carried straight to the side three times its length, and planted so as to maintain the fundamental angle between the feet, with the moved knee bent to a right

angle. The other knee remains straight, both feet squarely on the floor, the body inclined to the left with weight over the moved knee, chest square to the front and prominent, head up, chin in.

Left (or right) outward — *Lunge!* The foot is carried obliquely forward and sideways three times its length (in a direction halfway between forward and sideways), and planted so as to maintain the fundamental angle between the feet, with the moved knee bent to a right angle. The body is inclined obliquely so as to bring the weight over the moved foot, and to make a straight line down the side along the stationary leg to the floor. Stationary knee straight. Chest to the front and held well up, head up, and chin in.

Left (or right) backward — *Lunge!* The foot is carried straight back three times its length and planted so as to maintain the fundamental angle between the feet. The moved knee is bent and carries the weight. The body inclines backward to get a straight line down the chest along the front leg, which is straight.

Heels — *Raise!* Raise the heels from the floor as far as possible, keeping the heels together and supporting the weight on the balls of the feet. Heels — *Sink!* Lower the heels to the floor.

Knees — *Bend!* Bend the knees as far as possible, keeping the spine erect and the heels on the floor. Keep the knees well apart. Knees — *Stretch!* Straighten knees.

HEELS — *Raise!*
KNEES — *Bend!*

Heels — *Raise!* Raise heels as above. Knees — *Bend!* Bend the knees as far as possible, keeping the heels raised and together, and balancing on the toes. The back is kept straight and erect. Knees — *Stretch!* Straighten the knees. Heels — *Sink!* Lower the heels to the floor.

Toes — *Raise!* Raise the toes from the floor

by an active contraction of the muscles of the lower leg, resting the weight on the heels. Toes — *Sink!* Lower the toes to the floor.

Alternate toes — *Raise! One! Two!* At *One!* raise left toes; at *Two!* let these sink to position and raise the right toes. Keep the knees straight.

Alternate heels and toes — *Raise! One! Two!* At *One!* raise both heels from the floor; at *Two!* let them sink and raise the toes by an active contraction of the muscles of the lower leg, but not by a backward swaying of the hips.

Left toes and right heel — *Raise! One! Two!* At *One!* raise the left toe and right heel from the floor, by an active contraction of the muscles of the leg. At *Two!* lower these to the floor and raise the right toe and left heel. Keep the knees straight.

Leg forward — *Raise!* Raise the foot and leg straight forward, knee straight and toe pointing in prolongation of the leg. Raise as high as possible without bending back or at the hips. Re — *Place!* or *Sink!* Lower foot to floor, heels together. *Ground!* The raised foot is planted three lengths in front of the rear foot, and, with the same movement, the rear foot is carried to the leg forward raise position.

LEG FORWARD — *Raise!*

Leg sideways — *Raise!* Raise the straight leg to the side (with the toe pointed) as high as possible without inclining the body.

Leg outward — *Raise!* Raise the straight leg obliquely forward and sideways as high as possible with toe pointed.

Leg backward — *Raise!* Raise the straight leg backward and upward as far as possible, keeping the body erect.

Leg outward — *Rotate!* Carry the leg from the forward raise position sharply into the position of outward raise.

Knee upward — *Bend!* Bend the knee upward to get a right angle at the knee and hip, the toe pointing toward the floor. Knee forward — *Stretch!* Straighten the knee, raising the foot as high as possible, keeping the body erect. Knee downward — *Stretch!* Straighten knee, replacing foot on floor in fundamental position.

KNEE UPWARD — *Bend!*

Knee outward — *Rotate!* Swing the bent knee from the upward bend position to the position of outward bend, keeping the body erect and maintaining the angles.

III. NECK AND CHEST

Head backward — *Bend!* Bend the head backward slowly, holding the chin in without changing the position of the body. Head — *Raise!* Raise the head to the fundamental position.

HEAD BACKWARD — *Bend!*

Head right (or left) — *Bend!* Bend the head slowly to the right (or left) without turning it or changing the position of the body or shoulders.

Head right (or left) — *Twist!* Turn the head to the right as far as possible without lowering or raising the chin, or moving the body or the shoulders. Forward — *Twist!* Resume fundamental position.

Stretch means to extend the mentioned part with a single quick movement in as nearly straight a line as possible.

Fling means to extend the part with a single quick movement, carrying the foot or hand along the arc of a circle.

Raise means to raise the part with a gradual slow movement as in raising the arm in a respiratory exercise.

IV. Arm Movements

Be careful in all arm movements to keep the chest prominent and the abdomen in.

Hands on hips — *Place!* Place the hands on the hips, just grasping the hip bone, palms down, fingers in front, straight and together, thumb behind, wrist straight, elbows about in plane of the back.

Hands on Neck — *Place!*

Hands on neck — *Place!* Raise the arms sideways and upward, placing the tips of the fingers on the lower part of the neck; fingers just touching, straight and together, thumb touching rest of the hand; elbows well back in plane of the back.

Arms upward — *Bend!* Raise the hands quickly to shoulder tip, fingers extended and joined and touching the shoulder tip; elbows somewhat back, chest prominent, upper arm making an angle of 45° with the body. Arms downward — *Stretch!* Carry the arms downward vigorously, throwing the elbows and shoulders back.

Arms Upward — *Bend!*

Elbows forward — *Bend!* (From the "arms upward bend" position.) Bring the elbows toward each other until almost touching. Backward — *Fling!* Throw the elbows backward away from each other quickly and vigorously, still keeping the tips of fingers on point of shoulder.

(From the "hands on neck" position.) Bring the elbows toward each other until almost touching, still keeping the hands on neck and the head up. Backward — *Fling!* Throw elbows backward quickly and vigorously as far as possible, pressing the neck back against the hands and keeping the head erect.

Arms sideways — *Stretch!* (From "arms upward bend.") Thrust arms vigorously sideways to fullest extent, fingers ex-

tended and joined, arms horizontal, palms down. *Bend!* Resume the arms upward bend.

Arms forward — *Stretch!* (From "arms upward bend.") Thrust arms forward vigorously; arms horizontal and parallel, palms toward each other.

Arms upward — *Stretch!* (From "arms upward bend.") Thrust arms upward vigorously into reaching position; arms vertical and parallel, palms inward.

Arms backward — *Stretch!* (From "arms upward bend.") Thrust arms vigorously backward and downward as far as possible, keeping the body erect; arms parallel and palms inward.

ARMS FORWARD AND UPWARD — *Fling!*

Arms forward (or sideways or upward or backward or downward) — *Fling!* Raise the arms quickly and vigorously to the designated position, without bending the elbows, the resulting positions being like those described under *Stretch!* From these resulting positions the arms may be returned to the fundamental positions by the command *Sink!* or *Fling!* Going to and returning from the "upward fling" position the leader must designate the direction of the movement as "sideways and upward," or "forward and upward," or "sideways and downward."

ARMS SIDEWAYS AND DOWNWARD — *Fling!*

Arms — *Circle!* (Done from the sideways and from the reaching position.) Hands are carried in a small circle, elbows straight, the first movement being upward and backward from the sideways position, and backward and outward from the reaching position.

Arms forward — *Bend !* The arms are raised to a horizontal position, and with the same movement are flexed sharply at the elbows; the wrist and fingers straight, palms down. This brings the hands on a level with the collar bone, but not touching each other or the chest. Shoulders well back.

ARMS FORWARD — *Bend !*

Arms half forward — *Bend !* Raise the arms quickly to a horizontal position, upper arms pointing sideways, and elbows flexed to a right angle so that forearms are horizontal and parallel with the palms inward.

Arms half upward — *Bend !* (or *Raise !*) Raise the upper arms quickly to a horizontal position pointing sideways, at the same movement flexing the forearms to a right angle with the upper, the forearms vertical and parallel, and palms inward.

Arms sideways — *Circle !* (From "arms forward bend.") Carry the hands in a semicircle, upward and outward through the position of "arms half upward bend" to the position of "arms sideways raise." Inward — *Circle !* Reverse the above movement to position of "arms forward bend."

Arms half upward — *Raise !* (From the position of "arms forward," or "half forward bend.") Raise the hands in the arc of a circle to the position of "arms half upward bend," keeping the elbow at a right angle.

Where asymmetrical exercises are given, as in Grade 6, Lesson 6, Exercise 5, the command *Change !* means to reverse the position. This takes two counts: at *One !* come to the fundamental position; at *Two !* come to the reversed position.

V. Body Movements

These, as well as the leg and balance movements, should be done with the hands on hips or on neck if the hands are not in some other definitely designated gymnastic position.

Body forward — *Bend!* The body is bent forward at the hips as far as possible with the back straight and the head up. Body — *Raise!* Resume the erect position. Keep the knees straight.

BODY FORWARD — *Bend!*

Body forward and downward — *Bend!* The body is bent forward as above, then downward as far as possible with the knees straight. No effort is made in the latter part of this movement to keep the spine straight.

Wood chopping — *Chop!* Represent wood chopping, raising the clasped hands over the shoulder, and then bending downward and forward, at the same time striking downward with clasped hands. Do this over the right shoulder, then over the left. In this movement, the back is bent forward and downward. This may be done six to ten times.

Scythe swinging — *Swing!* Imitate the motions of a man swinging a scythe, arms extended in front, body swinging vigorously, first to one side, then to the other. Do this three or four times each way.

Body backward — *Bend!* Bend the body backward, holding the head in prolongation of the trunk, keeping the knees together and straight, and not thrusting the abdomen forward.

BODY RIGHT — *Twist!*

Body right (or left) sideways — *Bend!* Bend the body directly to the side designated, without bending the neck or rotating the hips; both feet squarely on the floor.

Body right (or left) — *Twist!* From the ankles up, rotate the body as far as possible in the designated direction, keeping the chin in the median line of the chest and the feet firmly in place.

Body right (or left) — *Circle!* Bend the body forward, then right, then back, then left, then

forward, then raise the body. This carries the head forward and downward, then in a circular direction, then upward. This is a powerful movement and should be done not more than two or three times in a lesson.

VI. Fancy Steps

All fancy steps start with the left foot, unless otherwise directed.

1. Follow Step

(1) Advance left foot twice its length. (2) Bring right heel to left. Advance several times with left leading, then several times with right leading, then alternate.

Following are variations of the Follow Step. Note the progression of these steps from the simplest Follow Step described above to the one last given. In the " Three-Count " steps, at *One !* advance the left foot; at *Two !* raise the right foot or leg to designated position; at *Three !* place right foot beside left.

Follow Step, with knee raising forward. Follow above routine, three counts.

Follow Step, with heel raising backward. Follow above routine, three counts.

Follow Step, with heel raising in front across leg. Follow routine above, three counts.

Follow Step, with rising on toes (waltz time). At *One !* advance left foot; at *Two !* plant heel of right at heel of left foot, and at the same time rise on toes; at *Three !* heels sink. Do several times with either foot leading, then alternate.

2. Skipping Step

Advance left foot and plant it, then place toe of right at heel of left, and advance left again. Repeat, right leading. Repeat, each foot leading four times.

3. CHANGE STEP

Advance and plant left foot, bring toes of right up to heel of left, throwing weight on right, then advance left foot. Repeat the movement with right foot leading. This is practically a two-step. If preceded by toe pointing, two counts, or two slides, it becomes a polka.

4. HEEL AND TOE POLKA

Point with the heel, then with toes, starting left, and follow with the change step. *One! — Two! — One! Two! Three!*

5. CROSS BALANCE STEP

(1) Take a step obliquely forward to the left with the left foot; then (2) cross the right foot in front of the left, at the same time rising on the toes of left foot; (3) replace right foot and let heels sink. Then (1) place the right foot forward obliquely to the right; (2) cross the left foot in front of the right, at the same time rising on the toes of right foot; (3) replace left foot and let heels sink.

Following are variations of the Cross Balance Step. Note the progression in these steps. The simple must be accomplished before going to the complex.

Cross Balance Step, with swinging of left and right arm in half circle overhead; raise the left arm as the left foot crosses in front.

Cross Balance Step, with bending of the body sideways right and left.

Cross Balance Step, with bending of the body sideways right and left, and swinging the left and right arm in half circle overhead.

6. WALTZ HOP

Two hops on each foot. This may be done with the free leg extended in any direction.

7. ROCKING STEP — No. 1

(1) Step forward with the left foot, raising the right off the floor behind, and rock the body forward, keeping rear leg and body in line. (2) Rock back on to right foot, raise left from the floor, keeping it in front; at the same time rock the body back so that it is now in prolongation of the foot raised in front. (3) Advance the left foot, plant it, step forward with the right, and rock with the left foot in rear.

8. ROCKING STEP — No. 2

Hop forward twice on the left foot, at the same time bending the body forward and the right leg backward; then the weight is hopped to the right foot which hops twice with the body leaning backward.

CORRECTION OF DEFECTS

Certain exercises may be used for their local effect, to correct defects or weaknesses. These local effects are due to the fact that as a muscle is made to do regular work, its tonicity is improved and it thus exerts a more steady pull. Moreover, it becomes absolutely shorter, so that it stretches its opponents and pulls the skeleton into place.

In the following paragraphs are described special exercises intended to correct some of the defects most commonly found among school children. These exercises should be repeated until fatigue begins, but never continued beyond that point. Repetition of exercises to the exhaustion of muscles is detrimental rather than beneficial.

Flat Foot. This condition is indicated by an excessive turning out of one or both feet and is often accompanied by pain, especially in the calf of the leg. The corrective exercises are those described on pages 7 and 8, particularly Feet — *Close* and Feet — *Open* (the *Close* should be done with the balls of

the feet scraping on the floor to get all the resistance possible, while the *Open* is done with the toes off the floor) and Heels — *Raise* and Heels — *Sink*. Running in place on the toes is an excellent exercise for this weakness. Bicycle and horseback riding also are markedly corrective.

Weak Legs. These are shown by flabby muscles and a tendency toward a slovenly standing position. Every effort should be made toward standing with the muscles active and the weight well forward on the balls of the feet. One of the best corrective exercises is Knees — *Bend* and Knees — *Stretch*, either with the heels on the floor or with the heels raised. To give good results this exercise must be done very slowly.

Weak Abdominal Wall. This is usually shown by a protruding abdomen. The exercises indicated are those which exert a strong pull on the abdominal muscles. Body backward — *Bend*, done either standing with hands on hips or while sitting on the desk, as described under Exercise 6 of Lesson 9 for Grade 8. To strengthen the sides of the abdomen, Body — *Twist* and Body right (and left) — *Bend* are excellent.

Weak Back. The best exercise for this is Body forward (or forward and downward) — *Bend*. Rowing also is excellent for the back. It should be remembered in all the body-bending exercises, that the farther the hands are from the floor, the greater the strain and effort. The strongest exercise is that given under Exercise 5 of Lesson 9 for Grade 8.

Round Shoulders. Here we need exercises for the neck and chest, and arm movements as described on pages 8, bottom, and 9, 10, and top of 11. Head backward — *Bend* and Arm half upward — *Raise* (from the position of arms forward or half forward bend) are particularly valuable. Here, too, it is well to note that with the body bent forward the exercise is stronger than with it erect. In Head backward — *Bend*,

the strength of the exercise is much increased by having the hands on the neck.

The exercise described under 5, Lesson 9, page 75, is a particularly strong one and very valuable. Rowing and volley ball are among the best sports to correct this deformity, as they bring into play the back muscles.

Under-developed Arms. Here we need to use all the arm movements described on pages 12, 13, and top of 14, especially Arms upward — *Bend* and *Stretch*, and Arms — *Raise* and *Sink*. Exercises where the body hangs and is raised and lowered by the arms, while they are also chest developers, are great strengtheners of the arms. (See Grade 8, Lesson 8, Exercise 3, and Lesson 9, Exercise 3.)

Flat Chest. This is a very common deformity and a most serious one, as it interferes with lung development and thus with the vitality. It is sometimes due to physical defects which interfere with the nasal and throat passages. These defects, usually excessive adenoid and tonsil growths, must be removed before other treatment can be effective. Simple, slow, deep inspirations before an open window several times daily are of great value, as they not only increase the elasticity of the chest wall and diaphragm, but inculcate the habit of deep breathing. Bending the body sideways with one hand on the hip and the other raised high above the head, stretches the chest wall. The bending should be toward the hand on the hip. Another excellent exercise is to place the hands on the neck, and take slow, deep, forced inhalations, at the same time forcing the elbows back. Running and particularly swimming are most excellent for developing the chest and respiratory power.

In all these exercises for correcting deformities, it must be remembered that development is a slow process. Marked progress should not be expected in a week or a month. Long,

steady, continued practice is imperative, and with it any boy or girl may have a clean, straight, powerful physique.

GRADED EXERCISES

There follows a set of ten lessons for each grade, two of which are review. For each lesson should be allowed one tenth of the time of one school year. The lessons should be given exactly in the order of the book, and the exercises of each lesson should be given in the order designated. Too much time should not be taken for fancy steps, as they are intended to be used merely as a break in the set exercises. Not over one lesson a week should be given to them. Taking more time than this so weakens a class on the exercises that the difference is very noticeable when the class is compared with one that has put its effort in the proper place. Folk dances may be taught wherever a teacher has the proper training for such work. In grades above the fourth, girls should have girls for partners, and boys should have boys.

In using these exercises with pupils not accustomed to this type of physical education, it is best to have each class start with the first grade work and advance gradually to the work of its own grade. An eighth grade, for instance, which has never had this kind of work may need two years to become proficient enough to do the eighth grade exercises with profit.

GRADE 1

LESSON NO. 1

1. *Position!* In place — *Rest!* *Position!*
2. Feet — *Close!* *Open!* (Repeat)
3. Head backward — *Bend!* Head — *Raise!*
4. Hands on hips — *Place!* *Position!*
5. Heels — *Raise!* Heels — *Sink!*
6. [1] Dandelion blowing — *Blow!*

FANCY STEP — Follow Step
[2] *GAMES* — Cat and Rat (78) Fly Feather (79)

LESSON NO. 2

1. *Position!* Eyes — *Right!* *Front!*
2. Right (or left) foot forward — *Place!* Re — *Place!*
3. Hands on hips — *Place!* Head backward — *Bend!* Head — *Raise!* *Position!*
4. Arms upward — *Bend!* Arms downward — *Stretch!*
5. Hands on hips — *Place!* Heels — *Raise!* Heels — *Sink!* *Position!*
6. Arms sideways — *Raise!* (Inhale) Downward — *Sink!* (Exhale)

FANCY STEP — Follow Step with knee raising
GAMES — Imitation (79) Crow Race (79)

LESSON NO. 3

1. *Position!* Dress — *Forward!* *Position!*
2. Feet sideways — *Place!* *One!* *Two!* Feet together — *Place!* *One!* *Two!*
3. Hands on hips — *Place!* Head backward — *Bend!* Head — *Raise!* *Position!*
4. Arms forward — *Bend!* *Position!*
5. Feet sideways — *Place!* Heels — *Raise!* Heels — *Sink!* Feet together — *Place!*

[1] Dandelion blowing: Raise the hands to a position about six inches in front of the mouth, with the elbows at the height of the shoulders. At *Blow!* blow forcibly and as long as possible, as if blowing the down from an old dandelion blossom.

[2] The numbers indicate the pages on which descriptions of games are found.

6. Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!* *Position!*
7. Arms forward — *Raise!* (Inhale) Arms downward — *Sink!* (Exhale)

FANCY STEPS — Follow Step with heel raising backward Follow Step with heel raising in front across the other leg
GAMES — Bean Bag Passing Race (78) Follow My Leader (81)

LESSON No. 4

1. *Position!* Eyes — *Right!* *Front!*
2. Left (or right) foot forward — *Place!* Re — *Place!* Left (or right) foot outward — *Place!* Re — *Place!* (Reverse)
3. Hands on hips — *Place!* Head backward — *Bend!* Head — *Raise!* *Position!*
4. Arms upward — *Bend!* Arms sideways — *Stretch!* *Bend!* Downward — *Stretch!*
5. Hands on hips — *Place!* Heels — *Raise!* Heels — *Sink!* *Position!*
6. Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!* *Position!*
7. Arms sideways and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEP — Skipping Step
GAME — Rabbit Chase (79)

LESSON No. 5

Alternation of Lessons 1, 2, 3, and 4

LESSON No. 6

1. *Position!* Right (or left) — *Face!* Dress — *Forward!*
2. Right (or left) foot sideways — *Place!* Re — *Place!*
3. Arms upward — *Bend!* Elbows forward — *Bend!* Backward — *Fling!* Arms downward — *Stretch!*
4. Arms upward — *Bend!* Arms forward — *Stretch!* *Bend!* Sideways — *Stretch!* *Bend!* Downward — *Stretch!*

5. Hands on hips — *Place!* Feet — *Close!* Heels — *Raise!* Heels — *Sink!* *Position!*
6. Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!* *Position!*
7. Arms forward and upward — *Raise!* (Inhale) Arms forward and downward — *Sink!* (Exhale)

FANCY STEPS — Those of Lessons 1–4
GAMES — Those of Lessons 1–4

LESSON NO. 7

1. *Position!* One step forward — *March!* *Left!* *Right!* One step backward — *March!* *Left!* *Right!*
2. Alternate toes — *Raise!* *One!* *Two!* etc.
3. Arms upward — *Bend!* Elbows forward — *Bend!* Elbows backward — *Fling!* Arms downward — *Stretch!*
4. Arms upward — *Bend!* Arms upward — *Stretch!* *Bend!* Arms downward — *Stretch!*
5. Hands on hips — *Place!* Left (or right) foot forward — *Place!* Heels — *Raise!* Heels — *Sink!* Foot re — *Place!* (Repeat with the other foot leading)
6. Wood chopping — *Chop!*
7. Arms sideways and upward — *Raise!* (Inhale) Sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those of Lessons 1–4
GAME — Squat Tag (82)

LESSON NO. 8

1. *Position!* Two steps forward — *March!* *Left!* *Right!* *Left!* Two steps backward — *March!* *Left!* *Right!* *Left!* (Dress)
2. Hands on hips — *Place!* Heels — *Raise!* Heels — *Sink!* *Position!*
3. Hands on hips — *Place!* Head backward — *Bend!* Head — *Raise!* *Position!*

4. Arms upward — *Bend!* Arms downward and backward — *Fling! Bend! Fling!*
5. Hands on hips — *Place!* Left (or right) foot outward — *Place!* Heels — *Raise!* Heels — *Sink!* Foot re — *Place! Position!*
6. Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise! Position!*
7. Scythe swinging — *Swing!*
8. Arms forward — *Bend!* Arms half upward — *Raise!* (Inhale) Arms forward — *Bend!* (Exhale)

FANCY STEPS — Those of Lessons 1–4
GAMES — Those given previously

LESSON No. 9

1. *Position!* Right (or left) — *Face!*
2. Feet — *Close!* Alternate toes — *Raise!* Class — *Halt!*
3. Arms upward — *Bend!* Elbows forward — *Bend!* Elbows backward — *Fling! Position!*
4. Arms sideways and upward — *Fling!* Sideways and downward — *Sink!*
5. Hands on hips — *Place!* Left (or right) foot backward — *Place!* Heels — *Raise!* Heels — *Sink!* Foot re — *Place! Position!*
6. Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!*
7. Body right (or left) — *Bend!* Body — *Raise! Position!*
8. Arms sideways and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those of Lessons 1–4
GAME — Bean Bag Relay Race (78)

LESSON No. 10

Alternation of Lessons 6, 7, 8, and 9

GRADE 2

In the first two weeks review the work of Grade 1

LESSON No. 1

1. *Position!* At — *Ease!* *Position!* Dress — *Forward!* *Position!* Eyes — *Right!* *Front!*
2. Right (or left) — *Face!* One step left — *March!* *Left!* *Right!* Left (or right) — *Face!*
3. Hands on hips — *Place!* Head backward — *Bend!* Head — *Raise!* *Position!*
4. Arms upward — *Bend!* Arms sideways — *Stretch!* *Bend!* Forward — *Stretch!* *Bend!* *Position!*
5. Hands on hips — *Place!* Feet — *Close!* Heels — *Raise!* Heels — *Sink!* *Position!*
6. Wood chopping — *Chop!*
7. Hands on hips — *Place!* Body right (or left) — *Bend!* Body — *Raise!* *Position!*
8. Arms half forward — *Bend!* Arms half upward — *Raise!* (Inhale) Arms half forward — *Sink!* (Exhale) *Position!*

FANCY STEPS — Those of Grade 1
GAMES — Crow Race (79) Cat and Rat (78)

LESSON No. 2

1. *Position!* Right (or left) — *Face!* (Repeat facings rapidly, going in different directions)
2. Hands on hips — *Place!* Left (or right) foot forward — *Place!* Foot re — *Place!* (Repeat several times) *Position!*
3. Arms upward — *Bend!* Head backward — *Bend!* Head — *Raise!* Arms downward — *Stretch!*
4. Arms upward — *Bend!* Arms forward — *Stretch!* *Bend!* Sideways — *Stretch!* *Bend!* Upward — *Stretch!* *Bend!* Downward — *Stretch!*

5. Hands on hips — *Place!* Knees — *Bend!* Knees — *Stretch! Position!*
6. Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!*
7. Body right (or left) — *Bend!* Body — *Raise! Position!*
8. Scythe swinging — *Swing!*
9. Mark time — *March!*
10. Arms forward and upward — *Raise!* (Inhale) Arms forward and downward — *Sink!* (Exhale)

FANCY STEPS — Those of Grade 1
GAMES — Follow My Leader (81) Rabbit Chase (79)

LESSON NO. 3

1. *Position!* Left (or right) foot forward — *Place!* Re — *Place!* Eyes — *Left! Front!*
2. Hands on hips — *Place!* Feet — *Close!* Feet — *Open! Position!*
3. Arms upward — *Bend!* Elbows forward — *Bend!* Elbows backward — *Fling! Position!*
4. Arms sideways — *Raise!* Palms upward — *Turn!* Palms downward — *Turn!* Arms — *Sink!*
5. Left (or right) foot outward — *Place!* Hands on hips — *Place!* Heels — *Raise!* Heels — *Sink! Position!*
6. Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!*
7. Body right (or left) — *Bend!* Body — *Raise!*
8. Running in place — *Run!* (Slowly at first) Class — *Halt! Position!*
9. Arms forward — *Bend!* Arms half upward — *Raise!* (Inhale) *Sink!* (To "forward bend" position) (Exhale) *Position!*

FANCY STEPS — Those of Grade 1
GAMES — Squat Tag (82) Imitation (79)

LESSON No. 4

1. *Position!* Feet — *Close!* Feet — *Open!* Right (or left) — *Face!*
2. Right (or left) foot sideways — *Place!* Re — *Place!* Right (or left) foot backward — *Place!* Re — *Place!*
3. Hands on hips — *Place!* Head backward — *Bend!* Head — *Raise!* *Position!*
4. Arms forward — *Fling!* Arms downward — *Sink!*
5. Feet close, and hands on hips — *Place!* (Executed simultaneously) Heels — *Raise!* Heels — *Sink!* *Position!*
6. Wood chopping — *Chop!*
7. Scythe swinging — *Swing!*
8. In place — *Run!* With heel raising behind — *Run!* Class — *Halt!*
9. Arms forward — *Bend!* Arms sideways — *Fling!* (Inhale) *Bend!* (Exhale) *Position!*

FANCY STEP — Change Step
GAMES — Bean Bag Passing Overhead (82) Cat and Rat (78)

LESSON No. 5

Alternation of Lessons 1, 2, 3, and 4

LESSON No. 6

1. *Position!* Two steps forward — *March!* *Left!* *Right!* *Left!* Two steps backward — *March!* *Left!* *Right!* *Left!* (Finish with the heels together) Feet sideways — *Place!* *One!* *Two!* Feet together — *Place!*
2. Hands on hips — *Place!* Head left (or right) — *Twist!* Forward — *Twist!* *Position!*
3. Arms forward — *Bend!* *Position!* (Repeat rapidly)
4. Hands on hips — *Place!* Left (or right) leg forward — *Raise!* *Sink!* (Repeat slowly) *Position!* At — *Ease!*

5. Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* Body — *Raise!* *Position!*
8. In place — *Run!* (Or, Skipping Step)
9. Arms sideways and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — The Washerwoman (80) Imitation (79)

LESSON NO. 7

1. *Position!* Left (or right) — *Face!* Two steps left — *March! Left! Right! Left! Right!* Right (or left) — *Face!* Left foot forward — *Place!* Re — *Place!* Left foot sideways — *Place!* Re — *Place!* (Repeat with the other foot leading)
2. Arms upward — *Bend!* Elbows forward — *Bend!* Elbows backward — *Fling!* *Position!*
3. Arms half forward — *Bend!* Arms half upward — *Raise!* Arms half forward —*Sink!* *Position!*
4. Hands on hips — *Place!* Left (or right) foot outward — *Place!* Heels — *Raise!* Heels — *Sink!* (Body should not sway forward) (Reverse feet and repeat)
5. Wood chopping — *Chop!*
6. Hands on hips — *Place!* Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* Body — *Raise!*
8. In place — *Run!* With knee up in front — *Run!* Class — *Halt!* *Position!*
9. Arms forward — *Bend!* Arms half upward — *Raise!* (Inhale) Arms forward — *Sink!* (Exhale) *Position!*

FANCY STEPS — Those previously given
GAMES — Bean Bag Passing Race (78) Klapdans (82)

LESSON No. 8

1. *Position!* Right (or left) — *Face!* Feet sideways — *Place!* Feet together — *Place!* Left (or right) — *Face!* Left (or right) foot backward and outward — *Place!* Re — *Place!*
2. Arms upward — *Bend!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Arms upward — *Bend!* Arms forward and sideways — *Stretch!* *Bend!* *Stretch!* *Bend!* (Four counts) (Execute arms forward stretch first, then arms sideways stretch, in rhythm) *Position!*
4. Hands on hips — *Place!* Left (or right) leg outward — *Raise!* Leg — *Sink!* (Repeat slowly on each side) *Position!*
5. Hands on neck — *Place!* *Position!* Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* Body — *Raise!* *Position!*
8. Forearm — *Raise!* In place — *Run!* (All combinations) Class — *Halt!* *Position!*
9. Arms forward and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Catch the Handkerchief (81) Crow Race (79)

LESSON No. 9

1. *Position!* One step forward and one step left — *March!* *Left!* *Right!* *Left!* *Right!* Hands on hips — *Place!* Heels — *Raise!* Heels — *Sink!* *Position!*
2. Arms forward — *Bend!* Head backward — *Bend!* Head — *Raise!* *Position!*

3. Arms forward and upward — *Fling!* Arms forward and downward — *Sink!*
4. Hands on hips — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
5. Arms upward — *Bend!* Body forward — *Bend!* Body — *Raise!* *Position!*
6. Hands on hips — *Place!* Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* Body — *Raise!*
8. Feet sideways — *Place!* Feet together — *Jump!* Feet sideways — *Jump!* (Jumping from "position" to "feet sideways place") *Position!*
9. Arms sideways — *Raise!* Palms upward — *Turn!* (Slowly, throwing chest out and inhaling) Palms downward — *Turn!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Bean Bag Relay Race (78) Spinning the Plate (82)

LESSON NO. 10

Alternation of Lessons 6, 7, 8, and 9

GRADE 3

In the first two weeks review the work of Grade 2

LESSON NO. 1

1. *Position!* Right (or left) about — *Face!* Hands on hips — *Place!* Left (or right) foot forward — *Place!* Feet — *Change!* *One!* *Two!* (At *One!* replace heels together, and at *Two!* place the other foot forward) *Position!*
2. Hands on hips — *Place!* Body forward — *Bend!* Head left (or right) — *Twist!* Head forward — *Twist!* Body — *Raise!* *Position!*
3. Arms forward — *Bend!* Arms half upward — *Raise!* Forward — *Sink!* *Position!*
4. Hands on hips — *Place!* Left (or right) leg forward — *Raise!* *Ground!* *Ground!* etc. Class — *Halt!* *Position!*
5. Wood chopping — *Chop!*
6. Hands on hips — *Place!* Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Twist!* Forward — *Twist!* *Position!*
8. Forearm — *Raise!* In place — *Run!* *Position!*
9. Arms sideways and upward — *Raise!* (Inhale) Arms forward and downward — *Sink!* (Exhale)

FANCY STEP — Skipping Step
GAMES — Bean Bag Relay Race (78) Squat Tag (82)

LESSON NO. 2

1. *Position!* Right (or left) — *Face!* Right (or left) about — *Face!* Left (or right) foot backward — *Place!* Re — *Place!*
2. Hands on hips — *Place!* Body forward — *Bend!* Head left (or right) — *Bend!* Head — *Raise!* Body — *Raise!* Head backward — *Bend!* Head — *Raise!* *Position!*

3. Arms upward — *Bend!* Arms sideways and upward — *Stretch! Bend!* (Four counts) (See Grade 2, Lesson No. 4) *Position!*
4. Hands on neck — *Place!* Heels — *Raise!* Heels — *Sink! Position!*
5. Arms forward — *Bend!* Body forward — *Bend!* Body — *Raise! Position!*
6. Hands on hips — *Place!* Body backward — *Bend!* Body — *Raise! Position!*
7. Arms upward — *Bend!* Body left (or right) — *Bend!* Body — *Raise! Position!*
8. In place — *Run!*
9. Arms half forward — *Bend!* Arms half upward — *Raise!* (Inhale) Arms half forward — *Sink!* (Exhale) *Position!*

FANCY STEPS — Those previously given
GAMES — Cat and Rat (78) Klapdans (82)

LESSON No. 3

1. *Position!* Two steps forward — *March!* Two steps backward — *March!* Left (or right) foot outward and backward — *Place!* (Place foot diagonally out and back) Re — *Place!*
2. Hands on hips — *Place!* Body forward — *Bend!* Head backward — *Bend!* Head — *Raise!* Body — *Raise! Position!*
3. Arms sideways — *Raise!* Palms upward — *Turn!* Palms downward — *Turn!* Arms — *Sink!*
4. Hands on neck — *Place!* Feet sideways — *Place!* Heels — *Raise!* Heels — *Sink! Position!* (Jump the feet together, at the same time dropping the hands to the sides)
5. Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!*

6. Feet sideways — *Place!* Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* Body — *Raise!* *Position!*
8. Hands on hips — *Place!* Feet sideways — *Jump!* Feet together — *Jump!* (Repeat rapidly) *Position!* (Or, Skipping Step)
9. Arms forward and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Imitation (79) Rabbit Chase (79)

LESSON NO. 4

1. *Position!* Right or left — *Face!* Two steps left (or right) — *March!* *Left!* *Right!* *Left!* *Right!* Left (or right) — *Face!* Dress — *Forward!* Right (or left) about — *Face!* (Various facings)
2. Arms upward — *Bend!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Arms upward — *Bend!* Arms forward, sideways, and upward — *Stretch!* (Six counts) *Position!*
4. Hands on hips — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
5. Arms forward — *Bend!* Body forward — *Bend!* Body — *Raise!* *Position!*
6. Hands on hips — *Place!* Left (or right) foot forward — *Place!* Body backward — *Bend!* Body — *Raise!* Feet — *Change!* (Repeat the body movement)
7. Body left (or right) — *Bend!* Body — *Raise!* Feet — *Change!* (Repeat the body movement) *Position!*
8. In place — *Run!*

9. Arms sideways and upward — *Raise !* (Inhale) Arms sideways and downward — *Sink !* (Exhale)

FANCY STEPS — Those previously given
GAMES — Bean Bag Passing Overhead (82) Crow Race (79)

LESSON No. 5

Alternation of Lessons 1, 2, 3, and 4

LESSON No. 6

1. *Position !* Right (or left) — *Face !* Right (or left) about — *Face !* Hands on hips — *Place !* Alternate toes — *Raise ! Position !*
2. Arms upward — *Bend !* Elbows forward — *Bend !* Elbows backward — *Fling ! Position !*
3. Arms forward and upward — *Fling !* Arms — *Circle !* Arms sideways and downward — *Sink !*
4. Hands on hips — *Place !* Left (or right) leg forward — *Raise !* Leg — *Sink ! Position !*
5. Hands on hips — *Place !* Body forward — *Bend !* Body — *Raise !*
6. Body backward — *Bend !* Body — *Raise !*
7. Body left (or right) — *Bend !* Body — *Raise !*
8. In place — *Run ! Position !*
9. Arms sideways and upward — *Raise !* (Inhale) Arms sideways and downward — *Sink !* (Exhale)

FANCY STEPS — Those previously given
GAMES — Follow My Leader (81) Catch the Handkerchief (81)

LESSON No. 7

1. *Position !* Left (or right) foot forward — *Place !* Re — *Place !* Left (or right) foot backward — *Place !* Re — *Place !* Hands on hips — *Place !* Heels — *Raise !* Heels — *Sink ! Position !*
2. Arms upward — *Bend !* Head backward — *Bend !* Head — *Raise ! Position !*

3. Arms upward — *Bend!* Arms forward, sideways, and backward — *Stretch!* (Six counts) *Position!*
4. Arms upward — *Bend!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
5. Arms upward — *Bend!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!* *Position!*
7. Hands on hips — *Place!* Body left (or right) — *Twist!* Body forward — *Twist!*
8. Left (or right) foot forward — *Place!* Ready to jump — *Jump!* (Jump upward, changing the feet while in the air so as to land with the right foot forward. The jump should be preceded by a slight bending of the knees, and the pupil should land with the knees slightly bent. Repeat rapidly.) *Position!*
9. Arms forward — *Bend!* Arms half upward — *Raise!* (Inhale) Arms forward — *Sink!* (Exhale)

FANCY STEPS — Toe pointing, outward and inward. Toe pointing combined with the Skipping Step
GAMES — Simon Says (94) Lame Wolf (82)

LESSON No. 8

1. *Position!* Two steps forward — *March!* Two steps backward — *March!* Left (or right) foot outward — *Place!* Feet — *Change!*
2. Arms forward — *Bend!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Arms sideways — *Raise!* Palms upward — *Turn!* Palms downward — *Turn!* Arms — *Sink!*
4. Hands on hips — *Place!* Left (or right) leg sideways — *Raise!* Leg — *Sink!* *Position!*
5. Wood chopping — *Chop!*
6. Hands on hips — *Place!* Body backward — *Bend!* Body — *Raise!*

7. Body right (or left) — *Bend!* Body — *Raise!*
8. Mark time — *March!* On toes — *March!* Class — *Halt! Position!*
9. Arms sideways — *Raise!* Arms — *Circle!* (Inhale as arms go up and back, and exhale as they come forward and down) *Position!*

FANCY STEPS — Toe pointing combined with the Skipping Step
GAMES — Bag Board (84) The Washerwoman (80)

LESSON NO. 9

1. *Position!* Left (or right) — *Face!* Right (or left) about — *Face!* Eyes — *Right!* Dress — *Forward!* Hands on hips — *Place!* Alternate toes — *Raise! Position!*
2. Arms forward — *Bend!* Head backward — *Bend!* Head — *Raise! Position!*
3. Arms half forward — *Bend!* Arms half upward — *Raise!* Arms half forward — *Sink! Position!*
4. Arms sideways — *Raise!* Feet — *Close!* Heels — *Raise!* Heels — *Sink! Position!*
5. Arms upward — *Bend!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise! Position!*
7. Scythe swinging — *Swing!*
8. Hands on hips — *Place!* Feet sideways — *Jump!* Feet together — *Jump!* (Repeat rapidly) *Position!*
9. Arms sideways and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given for this grade
GAMES — Rabbit Chase (79) Cat and Rat (78)

LESSON NO. 10

Alternation of Lessons 6, 7, 8, and 9

GRADE 4

In the first two weeks review the work of Grade 3

LESSON NO. 1

1. *Position!* Left (or right) — *Face!* Left (or right) about — *Face!* Feet — *Close! Open!* Heels — *Raise!* Heels — *Sink!*
2. Hands on hips — *Place!* Head backward — *Bend!* Head — *Raise! Position!*
3. Hands on hips — *Place! Position!* Hands on neck — *Place! Position!* Hands on hips — *Place!* Hands on neck — *Place!* etc.
4. Hands on hips — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink! Position!*
5. Arms upward — *Bend!* Arms sideways, forward, and downward — *Stretch! One! Two! Three! Four! Five! Six!* Arms forward — *Bend!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise! Position!*
7. Arms upward — *Bend!* Body left (or right) — *Bend!* Body — *Raise! Position!*
8. Hands on hips — *Place!* Left (or right) foot forward — *Place!* Jump to right (or left) foot forward — *Jump!* (Repeat rapidly) *Position!*
9. Arms forward and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEP — Change Step
GAMES — Bean Bag Relay Race (78) Lame Wolf (82)

LESSON NO. 2

1. *Position!* Right (or left) — *Face!* Feet — *Close! Open!* Alternate toes — *Raise!* Class — *Halt!*
2. Hands on neck — *Place!* Head backward — *Bend!* (Keep elbows well back and chin down) Head — *Raise! Position!*

3. Arms upward — *Bend!* Arms forward, sideways, and upward — *Stretch!* (Six counts) *Position!*
4. Hands on hips — *Place!* Left (or right) leg forward — *Raise!* Leg — *Sink!* *Position!*
5. Arms sideways — *Raise!* Palms upward — *Turn!* Palms downward — *Turn!* Arms — *Sink!* Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* Body — *Raise!*
8. Running in place — *Run!* Class — *Halt!*
9. Arms half forward — *Bend!* Arms half upward — *Raise* (Inhale) Arms half forward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
CAMES — I Put My Right Hand In (84) Cat and Rat (78)

LESSON NO. 3

1. *Position!* (Facings) Alternate toes — *Raise!* Class — *Halt!* Left (or right) foot backward — *Place!* Feet — *Change!* Foot re — *Place!*
2. Hands on hips — *Place!* Head backward — *Bend!* Head — *Raise!* Head left — *Twist!* Head forward — *Twist!* *Position!*
3. Arms sideways — *Raise!* Arms upward — *Raise!* Arms sideways — *Sink!* (Repeat "upward raise" and "sideways sink" several times rapidly)
4. Hands on hips — *Place!* Left (or right) knee upward — *Bend!* Downward — *Stretch!* *Position!*
5. Arms sideways — *Raise!* Arms — *Circle!* (Rapidly) Arms upward — *Bend!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left — *Twist!* Forward — *Twist!* *Position!*

8. Hands on hips — *Place!* Feet sideways — *Jump!* Feet together — *Jump!* *Position!*
9. Arms sideways and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — The Washerwoman (80) Bag Board (84)

LESSON NO. 4

1. *Position!* (Facings) Left (or right) foot forward — *Place!* Re — *Place!* Feet sideways — *Place!* Heels — *Raise!* Heels — *Sink!* Feet together — *Place!*
2. Hands on neck — *Place!* Elbows forward — *Bend!* Elbows backward — *Fling!* *Position!*
3. Arms upward — *Bend!* Arms forward, backward, and upward — *Stretch!* *Position!*
4. Arms upward — *Bend!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
5. Arms half forward — *Bend!* Arms half upward — *Raise!* Arms half forward — *Sink!* *Position!* Arms forward — *Bend!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Hands on hips — *Place!* Body left (or right) — *Bend!*
8. Left (or right) foot forward — *Place!* Jump to right (or left) foot forward — *Jump!* *Position!*
9. Mark time — *March!* Class — *Halt!*
10. Arms sideways — *Raise!* Palms upward — *Turn!* (Inhale) Palms downward — *Turn!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Follow My Leader (81) Bean Bag Passing Overhead (82)

LESSON NO. 5

Alternation of Lessons 1, 2, 3, and 4

LESSON No. 6

1. *Position!* (Facings) Eyes — *Right!* (or *Left!*) Dress — *Forward!* Right (or left) foot outward and backward — *Place!* Re — *Place!*
2. Hands on hips — *Place!* Body forward — *Bend!* Head backward — *Bend!* Head — *Raise!* Body — *Raise! Position!*
3. Arms forward and upward — *Fling!* Sideways and downward — *Sink!*
4. Hands on hips — *Place!* Left (or right) leg backward — *Raise!* (Knee straight and toe pointing) *Position!*
5. Left arm sideways and right arm forward — *Raise! Sink!* (Then reverse) Hands on hips — *Place!* Body forward and downward — *Bend! Raise!*
6. Body backward — *Bend! Raise!*
7. Arms forward — *Bend!* Body left (or right) — *Bend! Raise! Position!*
8. Hands on hips — *Place!* Feet sideways — *Jump!* Feet together — *Jump!*
9. Heels — *Raise!* Heels — *Sink! Position!*
10. Arms forward and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Change Step, with toe pointing
GAMES — Jolly Fisherman (94) Boiler Burst (82)

LESSON No. 7

1. *Position!* (Facings, Dressings, and Foot placings)
2. Arms half upward — *Bend!* Head backward — *Bend!* Head — *Raise! Position!*
3. Arms sideways — *Raise!* Arms upward — *Fling!* Sideways — *Sink!* (Repeat several times, halting at side position) *Position!*
4. Arms upward — *Bend!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink! Position!*

5. Left arm forward and upward, and right arm sideways — *Raise!* Arms — *Sink!* (Then reverse) Hands on neck — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*.
7. Body left (or right) — *Bend! Raise! Position!*
8. Running in place — *Run!*
9. Hands on hips — *Place!* Feet sideways — *Place!* Heels — *Raise!* Heels — *Sink! Position!*
10. Arms forward — *Bend!* Arms sideways — *Circle!* (Carry hands in a semi-circle through "half upward bend" to "sideways raise") (Inhale) Arms forward — *Circle!* (Hands retrace semi-circle) (Exhale)

FANCY STEPS — Change Step, with heel and toe pointing
GAMES — Bean Bag Passing Overhead (82) Lame Wolf (82)

LESSON No. 8

1. *Position!* Left (or right) — *Face!* Two steps left (or right) — *March!* Right (or left) — *Face!* (Dressings and Foot placings)
2. Hands on neck — *Place!* Elbows forward — *Bend!* Backward — *Fling! Position!*
3. Arms sideways — *Raise!* Arms — *Circle!* Arms — *Sink!*
4. Hands on hips — *Place!* Left (or right) knee upward — *Raise!* Leg downward — *Stretch! Position!*
5. Arms upward — *Bend!* Left arm sideways, right arm forward — *Stretch! Bend!* etc. *Position!* Arms forward — *Bend!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Twist!* Forward — *Twist! Position!*
8. Hands on hips — *Place!* Left (or right) foot forward — *Raise!* Hopping on right (or left) foot — *Hop! One! Two! Three!* Class — *Halt!* (Feet change, etc) (Repeat)

9. Mark time — *March!* On toes — *March!* Class — *Halt! Position!*
10. Arms forward and upward — *Raise!* (Inhale) Downward and forward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Bag Board (84) The Washerwoman (80)

LESSON NO. 9

1. *Position!* Two steps forward — *March!* Two steps backward — *March!* (Dressings, Facings, Foot placings)
2. Arms sideways — *Raise!* Head backward — *Bend!* Head — *Raise!* Arms — *Sink!*
3. Arms sideways and upward — *Fling!* Sideways and downward — *Sink!*
4. Arms forward — *Bend!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink! Position!*
5. Arms upward — *Bend!* Right arm forward and left arm upward — *Stretch!* (Repeat several times; also reverse) *Position!* Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* Body — *Raise!*
8. Left (or right) foot forward — *Place!* Jump to right (or left) foot forward — *Jump! Jump! Jump!* (Repeat rapidly) *Position!*
9. Arms upward — *Bend!* Heels — *Raise!* Heels — *Sink! Position!*
10. Arms sideways — *Raise!* Arms — *Circle!* (Inhale as arms go up and back, and exhale as they sink)

FANCY STEPS — Those previously given
GAMES — Klapdans (82) Duck on the Rock (96)

LESSON NO. 10

Alternation of Lessons 6, 7, 8, and 9

GRADE 5

In the first two weeks review the work of Grade 4

LESSON NO. 1

1. *Position!* (Facings, Dressing, and Foot placings)
2. Hands on hips — *Place!* Head left (or right) — *Twist!* Head forward — *Twist!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Arms forward — *Bend!* Arms sideways — *Fling!* *Bend!* *Fling!*
4. Hands on neck — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
5. Arms upward — *Bend!* Arms sideways, forward, and upward — *Stretch!* Feet sideways — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Twist!* Body forward — *Twist!* *Position!*
8. Running in place — *Run!*
9. Forward — *March!* On toes — *March!* Class — *Halt!*
10. Arms forward — *Bend!* Arms half upward — *Raise!* (Inhale) *Bend!* (Exhale) *Position!*

FANCY STEPS — Follow Step, with rising on toes Balance Step
GAMES — Three Deep (93) Bag Board (84)

LESSON NO. 2

1. *Position!* Half left (or right) — *Face!* (Facings) Alternate toes — *Raise!*
2. Arms forward — *Bend!* Head left (or right) — *Bend!* Head — *Raise!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Arms forward and upward — *Fling!* Arms sideways and downward — *Sink!*
4. Left (or right) foot forward — *Place!* Hands on neck — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*

5. Arms upward — *Bend!* Arms downward, forward, sideways, and upward — *Stretch!* (Eight counts) *Position!* Arms sideways — *Raise!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Arms forward — *Bend!* Body left — *Bend!* Body — *Raise!* *Position!*
8. Arms sideways — *Raise!* Feet sideways — *Jump!* Feet together — *Jump!* *Position!*
9. Hands on hips — *Place!* Heels — *Raise!* Heels — *Sink!* *Position!*
10. Arms sideways — *Raise!* Arms upward — *Raise!* (Inhale) Arms sideways — *Sink!* (Exhale) *Position!*

FANCY STEPS — Those previously given
GAMES — Simon Says (94) Boiler Burst (82)

LESSON NO. 3

1. *Position!* (Facings, Dressings) Alternate heels and toes — *Raise!*
2. Hands on hips — *Place!* Head left (or right) — *Twist!* Head backward — *Bend!* (Bend head backward toward left (or right) shoulder) Head — *Raise!* Forward — *Twist!* *Position!*
3. Arms upward — *Bend!* Arms forward and backward — *Stretch!* *Bend!* *Stretch!* *Bend!* Arms downward — *Stretch!*
4. Hands on neck — *Place!* Left (or right) leg backward — *Raise!* (Knee straight and toe pointing to the rear) Downward — *Sink!* *Position!*
5. Arms half forward — *Bend!* Arms half upward — *Raise!* Half forward — *Bend!* *Raise!* etc. *Position!* Hands on neck — *Place!* Body forward — *Bend!* Body — *Raise!*

6. Body backward — *Bend !* Body — *Raise !*
7. Body left (or right) — *Twist !* Forward — *Twist ! Position !*
8. Running in place (or about the room) — *Run !*
9. Mark time — *March !* On toes — *March !* Class — *Halt !*
10. Arms forward and upward — *Raise !* (Inhale) Arms sideways and downward — *Sink !* (Exhale)

FANCY STEPS — Those previously given
GAMES — Bean Bag Relay Race (78) Lame Wolf (82)

LESSON NO. 4

1. *Position !* Left face, and one step left — *March !* One step right, march, and right — *Face !* Arms forward and upward, and heels — *Raise !* Arms sideways and downward, and heels — *Sink !*
2. Arms sideways — *Raise !* Body backward — *Bend !* Body — *Raise !* Arms — *Sink !*
3. Arms sideways and upward — *Fling !* Sideways and downward — *Sink !*
4. Hands on hips — *Place !* Left (or right) knee upward — *Bend !* Leg forward — *Stretch ! Bend !* Downward — *Stretch ! Position !*
5. Arms upward — *Bend !* Left arm upward and right arm downward — *Stretch ! Bend !* (Reverse) *Position !* Arms sideways — *Raise !* Body forward — *Bend !* Body — *Raise !* Arms — *Sink !*
6. Hands on neck — *Place !* Body backward — *Bend !* Body — *Raise !*
7. Left (or right) foot forward — *Place !* Body left (or right) — *Bend !* Body — *Raise ! Position !*
8. Hands on hips — *Place !* Left (or right) leg sideways — *Raise !* Hopping exercise — *Hop !* (Two hops on one foot, then two on other) *One ! Two ! Three ! Four !*

9. Heels — *Raise!* Heels — *Sink!* *Position!*
10. Arms forward — *Raise!* Sideways — *Fling!* (Inhale) Downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Wrestling Circle (83) Hunt the Key (88)

LESSON NO. 5

Alternation of Lessons 1, 2, 3, and 4

LESSON NO. 6

1. *Position!* (Facings, Dressings) Alternate heels and toes — *Raise!* Class — *Halt!*
2. Arms forward — *Bend!* Head left (or right) — *Twist!* Head backward — *Bend!* Head — *Raise!* Head forward — *Twist!* *Position!*
3. Arms upward — *Bend!* Arms upward — *Stretch!* Sideways — *Sink!* Upward — *Bend!* (Repeat)
4. Hands on neck and feet sideways — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
5. Left arm forward and upward, and right arm sideways — *Fling!* *Sink!* (Reverse) Hands on hips — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left — *Bend!* Body — *Raise!*
8. Feet sideways — *Jump!* Together — *Jump!*
9. Left knee upward — *Bend!* Leg downward — *Stretch!* *Position!*
10. Arms forward — *Bend!* Arms sideways — *Circle!* (Inhale) Forward — *Bend!* (Exhale) (See Grade 4, Lesson 7, Exercise 10)

FANCY STEP — Cross Balance Step
GAMES — Bag Board (84) Hill Dill (86)

LESSON NO. 7

1. *Position!* One step forward, right face, two steps right, and left — *Face!* (Ten counts) (Dressings.) Hands on neck — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
2. Arms upward — *Bend!* Body backward — *Bend!* Body — *Raise!* Body forward — *Bend!* Body — *Raise!* *Position!*
3. Arms upward — *Bend!* Arms downward, forward, and upward — *Stretch!* *Bend!* (Six counts)
4. Hands on hips — *Place!* Left (or right) knee upward — *Bend!* Leg forward — *Stretch!* *Bend!* *Stretch!* *Bend!* etc. Downward — *Stretch!* *Position!*
5. Arms half forward — *Bend!* Arms half upward — *Raise!* Half forward — *Sink!* *Position!* Arms forward — *Bend!* Body forward — *Bend!* Head left, forward, right, forward — *Twist!* (Four counts) Body — *Raise!*
6. Body backward — *Bend!* Arms sideways — *Fling!* *Bend!* *Fling!* Body — *Raise!* *Position!*
7. Left foot forward place, and arms forward and upward — *Raise!* Body left — *Twist!* Forward and to right — *Twist!* Feet — *Change!* (Repeat twisting) *Position!*
8. Hands on hips — *Place!* Left leg forward — *Raise!* Ready to hop — *Hop!* (Hop four counts on right foot, then four on left)
9. Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
10. Arms sideways and upward — *Raise!* Arms — *Circle!* (As arms go back and out, inhale, and as they come forward and in, exhale. Hands describe a 1-foot circle.)

FANCY STEPS — Those previously given

GAMES — Duck on the Rock (with bean bags) (96) Hunt the Key (88)

HANDS ON NECK — *Place!* BODY FORWARD — *Bend!*

LESSON NO. 8

1. *Position!* (Facings, Dressings, and Foot placings)
2. Hands on neck — *Place!* Body forward — *Bend!* Head backward — *Bend!* Head — *Raise!* Body — *Raise! Position!*
3. Arms forward and upward — *Fling!* Arms sideways and downward — *Sink!*
4. Hands on hips — *Place!* Left (or right) knee upward — *Bend!* Leg backward — *Stretch! Bend!* Downward — *Stretch!*
5. Arms sideways — *Raise!* Arms — *Circle!* Class — *Halt! Position!* Arms forward and upward — *Fling!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend! Raise!*
7. Arms sideways — *Sink!* Body left (or right) — *Bend! Raise! Position!*
8. Running in place — *Run!*
9. Mark time — *March!* On toes — *March!* Class — *Halt!*
10. Arms sideways and upward — *Raise!* (Inhale) Sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given

GAMES — I Put My Right Hand In (84) Umbrella Ball (85)

LESSON NO. 9

1. *Position!* (Facings, Step marching, and Dressings) Heels — *Raise!* Heels — *Sink!*
2. Arms sideways — *Raise!* Body forward — *Bend!* Arms — *Circle!* Body — *Raise!* Arms — *Sink!*
3. Left arm forward and right arm backward — *Fling!* Arms — *Change!* (Two counts)
4. Arms upward — *Bend!* Left (or right) knee upward — *Bend!* Knee outward — *Rotate!* Forward — *Rotate!* Downward — *Stretch!* *Position!*
5. Arms upward — *Bend!* Arms downward, forward, sideways, upward, and backward — *Stretch!* *Bend!* (Ten counts) *Position!* Arms sideways — *Raise!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Arms upward — *Raise!* Body sideways — *Bend!* Body — *Raise!* Arms sideways and downward — *Sink!*
8. Hands on hips and left foot forward — *Place!* Jump to right foot forward — *Jump!* (Repeat rapidly) Class — *Halt!*
9. Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
10. Arms sideways and upward and heels — *Raise!* (Inhale) Arms sideways and downward and heels — *Sink!* (Exhale)

FANCY STEPS — Those preceding, and Cross Balance Step with body bending sideways

GAMES — French Blind Man's Buff (84) Mr. Slap Jack (85)

LESSON NO. 10

Alternation of Lessons 6, 7, 8, and 9

HANDS ON NECK AND LEFT FOOT FORWARD — *Place!* BODY TO LEFT — *Bend!*

GRADE 6

In the first two weeks review the work of Grade 5

LESSON NO. 1

1. *Position!* (Facings, Step marchings, and Dressings) Alternate toes — *Raise!* Feet — *Close! Open!*
2. Hands on neck — *Place!* Body backward — *Bend!* Body — *Raise! Position!*
3. Left arm forward and upward, and right arm sideways — *Fling!* Arms — *Change!* (Two counts)
4. Hands on hips — *Place!* Left (or right) foot outward — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink! Position!*
5. Arms forward and upward — *Fling!* Arms — *Circle!* Arms sideways and downward — *Sink!* Hands on neck — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Left (or right) foot forward — *Place!* Body left — *Bend!* Body — *Raise! Position!*
7. Left arm sideways and upward fling, and feet — *Close!* Body right — *Bend!* Body — *Raise!* Right arm sideways and upward fling, and left arm sideways and downward — *Sink!* Body left — *Bend! Raise! Position!*

8. Hands on hips — *Place!* Feet sideways — *Jump!* Together — *Jump!*
9. Left foot forward — *Place!* Heels — *Raise!* Heels — *Sink!* *Position!*
10. Arms sideways and upward — *Raise!* (Inhale) Sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Cross Balance Step with arm raising overhead
GAMES — Bean Bag Relay Race (78) Hill Dill (86)

LESSON NO. 2

1. *Position!* (Facings, Step marchings, etc.) Alternate toes and heels — *Raise!* Class — *Halt!*
2. Arms forward — *Bend!* Body forward — *Bend!* Head left (or right) — *Twist!* Head backward — *Bend!* Head — *Raise!* Forward — *Twist!* Body — *Raise!* *Position!*
3. Arms forward, sideways, and forward-upward — *Fling!* *Sink!* (Six counts)
4. Hands on hips — *Place!* Left (or right) knee upward — *Raise!* Leg backward — *Stretch!* *Bend!* Downward — *Stretch!* *Position!*
5. Arms upward — *Bend!* Arms sideways, forward, and upward — *Stretch!* *Position!*
   Left hand on neck, right hand on hip — *Place!* Body forward — *Bend!* Body — *Raise!* Hands — *Change!* (Two counts) *Bend!* *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* (Bend toward hand on hip) Hands — *Change!* (Repeat) *Position!*
8. Running in place — *Run!* Class — *Halt!*
9. Mark time on toes — *March!* Class — *Halt!*
10. Arms sideways — *Raise!* *Circle!* (Inhale and exhale)

FANCY STEPS — Those previously given
GAMES — Wrestling Circle (83) I Put My Right Hand In (84)

LESSON NO. 3

1. *Position!* (Facings, Step marchings, Dressings, etc.) Arms forward and upward, and heels — *Raise!* Arms forward and downward, and heels — *Sink!*
2. Arms sideways — *Raise!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Arms upward — *Bend!* Arms sideways, upward, and backward — *Stretch!* *Bend!* (Six counts) *Position!*
4. Heels — *Raise!* Arms sideways and upward — *Raise!* Knees — *Bend!* Arms sideways and downward sink, and knees — *Stretch!* Heels — *Sink!*
5. Left arm upward and right arm backward — *Fling!* *Sink!* (Reverse) Arms sideways — *Raise!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Arms upward raise, and feet sideways — *Place!* Body left (or right) — *Bend!* Body — *Raise!* *Position!*
8. Hands on hips — *Place!* Left foot forward — *Raise!* Ready to hop — *Hop!* (Hop four counts on left and then four counts on right) Class — *Halt!*
9. Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
10. Arms forward and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Touch Ball No. 1 (89) Bean Bag Drill (94)

LESSON NO. 4

1. *Position!* (Facings, Marchings, Dressings, etc. Foot placings with heel raising)
2. Hands on neck — *Place!* Elbows forward — *Bend!* Elbows backward — *Fling!* Head backward — *Bend!* Head — *Raise!* *Position!*

3. Arms forward — *Bend!* Arms sideways — *Fling!* *Bend!* *Position!*
4. Hands on neck — *Place!* Leg backward — *Raise!* Leg — *Sink!* *Position!*
5. Arms sideways — *Raise!* Arms — *Circle!* Arms — *Sink!* Hands on neck — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!* *Position!*
7. Arms sideways — *Raise!* Body left (or right) — *Bend!* Body — *Raise!*
8. Hands on hips and feet sideways — *Place!* Feet together — *Jump!* *Jump!* etc.
9. Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
10. Arms forward — *Bend!* Arms sideways — *Circle!* (Inhale) Inward — *Circle!* (Exhale) (See Grade 4, Lesson 7, Exercise 10)

FANCY STEPS — Those previously given
GAMES — Flag Relay Race (88) Dodge Ball No. 1 (89)

LESSON No. 5

Alternation of Lessons 1, 2, 3, and 4

LESSON No. 6

1. *Position!* (Facings, Marchings, Dressings, and Foot placings) Feet — *Close!* *Open!*
2. Arms sideways — *Raise!* Head left — *Bend!* Head — *Raise!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Arms upward — *Bend!* Heels — *Raise!* Knees — *Bend!* Arms forward and upward — *Stretch!* *Bend!* (Four counts) (Repeat several times) Knees — *Stretch!* Heels — *Sink!* *Position!*

HANDS ON NECK — *Place !* LEFT KNEE UPWARD — *Bend !*

4. Hands on neck — *Place !* Left (or right) knee upward — *Bend !* Leg forward — *Stretch ! Bend !* Downward — *Stretch ! Position !*
5. Left arm forward and upward, and right arm sideways — *Fling ! Change !* (Repeat) *Position !* Arms forward — *Bend !* Body forward — *Bend !* Body — *Raise !*
6. Body backward — *Bend !* Body — *Raise ! Position !*
7. Arms sideways — *Raise !* Body left — *Twist !* Forward — *Twist ! Position !*
8. Running in place — *Run !* Class — *Halt !*
9. Mark time on toes — *March !* Class — *Halt !*
10. Arms sideways and upward — *Raise !* (Inhale) Arms sideways and downward — *Sink !* (Exhale)

FANCY STEPS — Cross Balance Step with arm and body movements combined

GAMES — Jolly Fisherman (94) Steps (98)

LESSON NO. 7

1. *Position !* (Facings, Marchings, Dressings, and Foot placings) Left (or right) knee upward — *Bend !* Downward — *Stretch !*

2. Hands on hips — *Place!* Head — *Circle!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Body forward — *Bend!* Arms sideways — *Fling!* Arms — *Sink!* Body — *Raise!*
4. Arms sideways — *Raise!* Left (or right) knee upward — *Bend!* Leg sideways — *Stretch!* *Bend!* *Position!*
5. Left foot forward place, and arms sideways — *Raise!* Body forward — *Bend!* Body — *Raise!* Feet — *Change!* (Repeat) *Position!*
6. Feet sideways and hands on neck — *Place!* Body backward — *Bend!* Body — *Raise!* *Position!*
7. Feet sideways place, and arms forward and upward — *Fling!* Body left (or right) — *Bend!* Body — *Raise!* *Position!*
8. Hands on hips — *Place!* Left (or right) foot sideways — *Raise!* Ready to hop — *Hop!* (Hop twice on right — or left — foot then twice on other foot) Class — *Halt!*
9. Hands on hips and feet sideways — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
10. Arms sideways — *Raise!* Arms — *Circle!* (Inhale and exhale)

FANCY STEPS — Those previously given
GAMES — Catch Ball (90) Tossing Race (92)

LESSON NO. 8

1. *Position!* (Facings, Marchings, Dressings, and Foot placings) Feet — *Close!* *Open!*
2. Hands on neck — *Place!* Body forward — *Bend!* Head backward — *Bend!* Head — *Raise!* Body — *Raise!* *Position!*
3. Left arm forward and upward, and right arm sideways and upward — *Fling!* *Sink!* (Reverse) *Position!*

4. Hands on neck — *Place!* Left (or right) knee upward — *Bend!* Knee outward — *Rotate!* Forward — *Rotate!* Knees — *Change!* (Two counts) (Repeat)
5. Left arm sideways and right arm forward and upward — *Raise!* Arms — *Circle!* Arms — *Change!* *Circle!* *Position!*
   Arms forward — *Bend!* Body forward — *Bend!* Arms sideways — *Fling!* *Bend!* Body — *Raise!* *Position!*
6. Arms sideways and upward — *Raise!* Body backward — *Bend!* Body — *Raise!*
7. Feet sideways — *Place!* Body left (or right) — *Twist!* Forward — *Twist!* (Reverse) *Position!*
8. Hands on hips and left foot forward — *Place!* Ready to change — *Hop!*
9. Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* Foot re — *Place!* *Position!*
10. Arms sideways — *Raise!* Arms upward — *Raise!* (Inhale) Arms sideways — *Sink!* (Exhale) *Position!*

FANCY STEPS — Those previously given
GAMES — Hopping Race (99) Duck on the Rock (96)

LESSON NO. 9

1. *Position!* (Facings, Dressings, and Marching steps) Left (or right) forward — *Lunge!* Foot re — *Place!*
2. Arms forward — *Bend!* Body forward — *Bend!* Head left — *Twist!* Head backward — *Bend!* Head — *Raise!* Forward — *Twist!* Body — *Raise!* *Position!*
3. Arms upward — *Bend!* Heels — *Raise!* Knees — *Bend!* Arms forward, sideways, and upward — *Stretch!* *Bend!* (Six counts) (Repeat) Knees — *Stretch!* Heels — *Sink!* *Position!*

4. Hands on hips — *Place!* Left (or right) knee upward — *Bend!* Leg forward — *Stretch!* *Bend!* Backward — *Stretch!* *Bend!* Downward — *Stretch!* *Position!*
5. Arms half forward — *Bend!* Arms half upward — *Raise!* *Bend!* *Raise!* etc. *Position!* Body forward — *Bend!* Arms forward and upward — *Fling!* Sideways and downward — *Sink!* Body — *Raise!*
6. Arms sideways — *Raise!* Body backward — *Bend!* *Raise!*
7. Body left (or right) — *Twist!* Forward — *Twist!* *Position!*
8. Running in place — *Run!* Class — *Halt!*
9. Mark time on toes — *March!* Class — *Halt!*
10. Arms forward and upward — *Raise!* (Inhale) Sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Wrestling Circle (83) Straddle Ball (91) One-Legged Relay Race (99)

LESSON NO. 10

Alternation of Lessons 6, 7, 8, and 9

GRADE 7

In the first two weeks review the work of Grade 6

LESSON NO. 1

1. *Position!* (Facings) Three steps forward march, and about — *Face!* (Five counts)[1] Left (or right) outward — *Lunge!* Re — *Place!*
2. Hands on neck — *Place!* Body backward — *Bend!* Body — *Raise!* *Position!*
3. Arms forward — *Bend!* Heels — *Raise!* Knees — *Bend!* Arms sideways — *Fling!* *Bend!* (Repeat) Knees — *Stretch!* Heels — *Sink!* *Position!*
4. Hands on hips — *Place!* Left (or right) knee upward — *Bend!* Right (or left) heel — *Raise!* *Sink!* Leg downward — *Stretch!* *Position!*
5. Arms upward — *Bend!* Arms forward, sideways, upward, and backward — *Stretch!* *Bend!* (Eight counts) *Position!* Arms forward and upward — *Fling!* Body forward — *Bend!* *Raise!*
6. Body backward — *Bend!* Body — *Raise!* *Position!*
7. Left foot forward place, and right arm sideways and upward — *Fling!* Body left — *Bend!* Body — *Raise!* Arms and feet — *Change!* (Two counts) Body right — *Bend!* *Raise!* *Position!*
8. Hands on hips — *Place!* Heels — *Raise!* Knees — *Bend!* Upward — *Jump!* (Jump straight up, landing in place in "knees bend" position) Knees — *Stretch!* Heels — *Sink!* (Repeat)
9. Left (or right) leg backward — *Raise!* *Sink!* *Position!*
10. Heels — *Raise!* Knees bend, and arms sideways and upward — *Raise!* (Inhale) Knees stretch, and arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Rocking Step No. 1

GAMES — Duck on the Rock (96) Bean Bag Relay Race (78)

[1] To execute "about face" immediately following marching, turn on the balls of both feet, bringing the heels together only after the "face."

LESSON NO. 2

1. *Position!* Three steps forward, right about face, and three steps forward — *March!* (Eight counts) [1] Left (or right) backward — *Lunge!* Re — *Place!*
2. Left (or right) foot forward and hands on neck — *Place!* Body forward — *Bend!* Body — *Raise!* *Position!*
3. Left forward — *Lunge!* Arms forward and upward — *Fling!* Arms sideways and downward — *Sink!* Legs — *Change!* (Repeat)
4. Hands on hips — *Place!* Left leg forward — *Raise!* Leg sideways — *Fling!* Forward — *Fling!* Legs — *Change!* *One!* *Two!* (Repeat)
5. Arms sideways — *Raise!* Palms upward — *Turn!* Palms downward — *Turn!* Arms — *Sink!* Arms forward and upward — *Raise!* Body forward and downward — *Bend!* Body — *Raise!* *Position!*
6. Hands on hips — *Place!* Body forward — *Bend!* Body — *Circle!* (To left-back-right-forward) — *Circle!* (Reverse) Body — *Raise!* *Position!*
7. Arms forward — *Bend!* Body left (or right) twist, and arms sideways — *Fling!* Arms forward bend, and body forward — *Twist!* (Repeat to other side)
8. Hands on hips — *Place!* Jump to left face — *Jump!* (See preceding lesson)
9. Left forward — *Lunge!* Heels — *Raise!* Heels — *Sink!* *Position!*
10. Arms forward — *Bend!* Arms sideways — *Circle!* (Inhale) Forward — *Bend!* (Exhale) (See Grade 4, Lesson 7, Exercise 10)

FANCY STEPS — Those previously given
GAMES — Leap Frog (100) Straddle Ball (91)

[1] The "face" immediately following and immediately preceding marching, without a halt intervening, requires only one count, as the turn is made on the balls of both feet without bringing the heels together either before or after the "face."

LESSON No. 3

1. *Position!* (Marching, Facings, and Dressings) Alternate toes — *Raise!* Alternate heels and toes — *Raise!*
2. Hands on neck — *Place!* Left (or right) forward — *Lunge!* Head backward — *Bend!* Head — *Raise!* Feet — *Change!* (Repeat) *Position!*
3. Arms sideways and upward — *Fling!* Arms — *Circle!* Arms sideways and downward — *Sink!*
4. Left (or right) leg sideways — *Raise!* Right (or left) heel — *Raise!* Heel — *Sink!* Legs — *Change!* (Repeat) *Position!*
5. Arms upward — *Bend!* Arms sideways, forward, upward, and backward — *Stretch!* (Eight counts) Arms downward — *Stretch!* Arms half upward — *Bend!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!* *Position!*
7. Arms sideways — *Raise!* Body left — *Bend!* Body — *Raise!* Arms — *Sink!*
8. Hands on hips and feet sideways — *Place!* Feet together — *Jump!* *Jump!* etc.
9. Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!*
10. Arms sideways and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (*Exhale*)

FANCY STEPS — Those previously given
GAMES — All Up (100) Japanese Tag (101)

LESSON No. 4

1. *Position!* (Marching, etc., as in Lesson 3)
2. Hands on neck — *Place!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Arms upward — *Bend!* Left (or right) forward — *Lunge!* Arms forward, sideways, and upward — *Stretch!* *Bend!* (Six counts) *Position!*

4. Hands on neck — *Place!* Left (or right) knee upward — *Bend!* Knee sideways — *Rotate!* Forward — *Rotate!* Leg downward — *Stretch! Position!* (Reverse)
5. Arms half forward — *Bend!* Arms half upward — *Raise! Bend! Position!* Arms forward and upward — *Fling!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* Body — *Raise!* Arms — *Sink!*
8. Hands on hips and left foot forward — *Place!* Right foot forward — *Jump! Jump!* etc.
9. Left (or right) knee upward — *Bend!* Forward — *Stretch! Bend!* Legs — *Change!* (Repeat) *Position!*
10. Arms sideways — *Raise!* Palms upward — *Turn!* (Inhale) Palms downward — *Turn!* (Exhale) Arms — *Sink!*

FANCY STEPS — Those previously given
GAMES — Bears and Cattle (91) Hopping Race (99)

LESSON NO. 5

Alternation of Lessons 1, 2, 3, and 4

LESSON NO. 6

1. *Position!* (Facings, Marchings, and Dressings) Hands on neck — *Place!* Feet — *Close! Open!* Alternate heels and toes — *Raise! Position!*
2. Hands on hips — *Place!* Head left — *Twist!* Head backward — *Bend!* Head — *Raise!* Forward — *Twist! Position!*
3. Arms forward — *Bend!* Body forward — *Bend!* Arms sideways — *Fling! Bend!* Body — *Raise! Position!*

4. Feet sideways and hands on neck — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
5. Arms upward — *Bend!* Arms forward, sideways, and backward — *Stretch!* *Bend!* (Six counts) *Position!* Hands on neck — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Bend!* Body — *Raise!* *Position!*
8. Hands on hips and feet sideways — *Place!* Feet together — *Jump!* *Jump!* etc.
9. Heels — *Raise!* Heels — *Sink!* *Position!*
10. Arms forward and upward — *Raise!* (Inhale) Sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Combinations of those preceding
GAMES — Tag the Wall Relay (86) Touch Ball No. 2 (95)

LESSON NO. 7

1. *Position!* (Facings, Marchings, Dressings, etc.) Foot outward — *Place!* *Change!* *One!* *Two!* *Position!*
2. Hands on neck — *Place!* Elbows forward — *Bend!* Backward — *Fling!* Head backward — *Bend!* Head — *Raise!* *Position!*
3. Body forward — *Bend!* Arms forward and upward — *Fling!* Sideways and downward — *Sink!* Body — *Raise!*
4. Hands on neck — *Place!* Left (or right) knee upward — *Bend!* Leg forward — *Stretch!* *Bend!* Downward — *Stretch!*
5. Left arm forward and upward, and right arm sideways — *Fling!* *Change!* *Position!* Arms forward — *Bend!* Body forward — *Bend!* Arms half upward — *Raise!* *Bend!* Body — *Raise!*

6. Body backward — *Bend!* Body — *Raise!* *Position!*
7. Arms sideways — *Raise!* Body left (or right) — *Bend!* Body — *Raise!* *Position!*
8. Hands on hips — *Place!* Left (or right) knee upward — *Bend!* Ready to hop — *Hop!* (Hop twice on right — or left — foot, then twice on other) Leg downward — *Stretch!*
9. Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
10. Arms sideways — *Raise!* Arms upward — *Raise!* (Inhale) Arms sideways — *Sink!* (Exhale) Arms downward — *Sink!*

FANCY STEPS — Those previously given
GAMES — Ball Tag (103) All Up (100)

LESSON No. 8

1. *Position!* (Facings, Marchings, and Dressings) Hands on hips — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
2. Hands on neck — *Place!* Body forward — *Bend!* Head backward — *Bend!* Head — *Raise!* Body — *Raise!* *Position!*
3. Arms forward — *Bend!* Arms sideways — *Circle!* (See Grade 4, Lesson 7, Exercise 10) *Bend!* *Position!*
4. Hands on hips — *Place!* Left leg backward — *Raise!* Right heel — *Raise!* Heel — *Sink!* Leg downward — *Sink!* (Repeat on the other side) *Position!*
5. Arms upward — *Bend!* Left arm upward and right arm backward — *Stretch!* *Bend!* (Reverse) *Position!* Arms forward and upward — *Fling!* Body forward — *Bend!* (Be sure to keep arms well back) Body — *Raise!* Arms sideways and downward — *Sink!*

6. Hands on hips — *Place!* Left (or right) forward — *Lunge! Kneel!* (Kneel on rear knee) Body backward — *Bend!* Body — *Raise!* Knee — *Stretch!* Legs — *Change!* (Kneel and repeat)
7. (Still kneeling) Left hand on hip, right hand on neck — *Place!* Body left — *Bend!* Body — *Raise!* Hands — *Change!* (Repeat) (Always bend toward hand on hip)
8. Running in place — *Run!* Class — *Halt!*
9. Mark time on toes — *March!* Class — *Halt!*
10. Arms forward — *Bend!* Arms sideways — *Circle!* (Inhale) Inward — *Circle!* (Resume forward bend) (Exhale) *Position!*

FANCY STEPS — Those previously given
GAMES — One-Legged Relay (99) Towel Race (95)

LESSON NO. 9

1. *Position!* (Facings, Marchings, and Foot placings) Hands on hips — *Place!* Left (or right) forward — *Lunge!* Legs — *Change! One! Two! Position!*
2. Hands on hips — *Place!* Body forward — *Bend!* Head — *Circle!* Body — *Raise! Position!*
3. Left arm forward and upward, and right arm sideways and upward — *Fling! Sink! Change!* (Two counts) *Sink!*
4. Left forward lunge, and left arm forward and upward, and right arm backward — *Fling!* Right foot and left heel — *Raise!* (Rise on left toe, thus lifting right foot off floor) *Sink!* Arms and legs — *Change!* (Two counts) *Raise! Sink! Position!*
5. Arms forward and upward — *Fling!* Arms — *Circle!* Arms sideways and downward — *Sink!* Arms sideways and upward — *Raise!* Body forward and downward — *Bend!* Body — *Raise! Position!*

6. Left forward — *Lunge!* Right — *Kneel!* Arms forward and upward — *Fling!* Body backward — *Bend! Raise!* Knee — *Stretch!* Legs — *Change!* (Two counts) (Repeat)
7. Body left (or right) — *Bend! Raise!* Knee — *Stretch!* Legs — *Change!* (Repeat) *Position!*
8. Hands on hips and feet sideways — *Place!* Feet together — *Jump!* Sideways — *Jump!* (Repeat)
9. Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink! Position!*
10. Arms sideways and upward — *Raise!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those preceding
GAMES — Hurly-Burly Bean Bag (99) Circle Tag (104)

LESSON NO. 10

Alternation of Lessons 6, 7, 8, and 9

GRADE 8

In the first two weeks review the work of Grade 7

LESSON NO. 1

1. *Position!* (Facings, Marchings, and Dressings) Hands on hips — *Place!* Left (or right) forward — *Lunge!* Heels — *Raise!* Heels — *Sink!* *Position!*
2. Arms sideways — *Raise!* Body backward — *Bend!* Body — *Raise!* *Position!*
3. Arms upward — *Bend!* Arms sideways, forward, upward, and backward — *Stretch!* *Bend!* (Eight counts) *Position!*
4. Arms sideways raise, and left (or right) foot forward — *Place!* Heels — *Raise!* Heels — *Sink!* *Position!*
5. Left arm forward and right arm sideways — *Fling!* *Sink!* Left arm sideways and upward, and right arm backward — *Fling!* *Sink!* (This requires four counts, one on each *Fling!* and one on each *Sink!*) (Reverse and repeat) Hands on neck — *Place!* Body forward — *Bend!* Body — *Raise!*
6. Feet sideways place, and arms forward and upward — *Raise!* Body backward — *Bend!* Body — *Raise!*
7. Body left (and right) — *Twist!* Body forward — *Twist!* *Position!*
8. Hands on hips, and left (or right) foot forward — *Place!* Ready to jump — *Jump!* *Position!*
9. Left (or right) leg forward — *Raise!* Leg — *Sink!* (Reverse and repeat) *Position!*
10. Arms half forward — *Bend!* Arms half upward — *Raise!* (Inhale) Arms half forward — *Sink!* (Exhale) *Position!*

FANCY STEPS — Those previously given
GAMES — Leap Frog (100) Touch Ball No. 3 (101)

LESSON NO. 2

1. *Position!* (Facings, Marchings, Dressings, Hands on hips, etc.) Hands on neck — *Place!* Left forward — *Lunge!* Heels — *Raise!* Heels — *Sink!* Legs — *Change!* (Repeat) *Position!*
2. Feet sideways place, and arms forward — *Bend!* Body backward — *Bend!* Arms sideways — *Fling!* *Bend!* (Repeat with vigor) Body — *Raise!* *Position!*
3. Heels — *Raise!* Knees — *Bend!* Arms upward — *Bend!* Arms forward, downward, sideways, and upward — *Stretch!* *Bend!* (Eight counts) Knees — *Stretch!* Heels — *Sink!* *Position!*
4. Arms sideways — *Raise!* Left knee upward — *Bend!* Forward — *Stretch!* *Bend!* Backward — *Stretch!* *Bend!* Legs — *Change!* (Repeat)
5. Arms forward and upward — *Fling!* Body forward — *Bend!* Body — *Raise!* *Position!*
6. Hands on hips — *Place!* Left forward — *Lunge!* Right — *Kneel!* Body backward — *Bend!* Body — *Raise!* Right knee — *Stretch!* Legs — *Change!* (Repeat) *Position!*
7. Left hand on hip, right hand on neck, and left foot forward — *Place!* Body left — *Bend!* Body — *Raise!* Hands and feet — *Change!* *One!* *Two!* (At *One!* both hands on hips and heels together; at *Two!* right hand on hip, left on neck, and right foot forward) Body right — *Bend!* Body — *Raise!* *Position!*
8. Hands on hips — *Place!* Left leg sideways — *Raise!* Ready to hop — *Hop!* (Hop twice on each foot) *One!* *Two!* *One!* *Two!* Class — *Halt!* *Position!*
9. Hands on neck — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
10. Arms sideways raise, and left foot backward — *Place!* Palms upward — *Turn!* Body backward bend, and

arms upward — *Raise!* (Inhale) Body raise, and arms sideways — *Sink!* (Exhale) Feet — *Change!* (Repeat) *Position!*

FANCY STEPS — Those previously given
GAMES — Dodge Ball No. 2 (112) Circle Race (102)

LESSON NO. 3

1. *Position!* (Facings, Marchings, Dressings) Hands on hips — *Place!* Left sideways — *Lunge!* Re — *Place!* Right sideways — *Lunge!* Re — *Place!* *Position!*
2. Left (or right) foot forward — *Place!* Arms forward — *Bend!* Body backward — *Bend!* Arms sideways — *Circle!* Arms forward — *Circle!* Body — *Raise!* *Position!*
3. Left forward — *Lunge!* Arms forward, sideways, and backward — *Fling!* *Sink!* (Six counts) *Position!*
4. Hands on neck — *Place!* Left (or right) knee upward — *Bend!* Knee outward — *Rotate!* Forward — *Rotate!* Leg downward — *Stretch!* *Position!*
5. Feet sideways place, and arms half upward — *Bend!* Body forward — *Bend!* Body — *Raise!* *Position!*
6. Hands on neck — *Place!* Left forward — *Lunge!* Right — *Kneel!* Body backward — *Bend!* Body — *Raise!* Knee — *Stretch!* Legs — *Change!* (Repeat)
7. Body left (or right) — *Twist!* Body forward — *Twist!* (Reverse) Knee — *Stretch!* *Position!*
8. Hands on hips — *Place!* Left (or right) knee upward — *Bend!* Ready to hop — *Hop!* (Hop four times on right foot, then four on left, maintaining the hip and knee angles, and keeping the back straight) Class — *Halt!* *Position!*
9. Hands on neck and left foot forward — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*

10. Arms forward — *Bend !* Body backward — *Bend !* Arms sideways — *Circle !* (Inhale) Arms forward — *Circle !* (Exhale) Body — *Raise ! Position !*

FANCY STEPS — Those previously given
GAMES — Ball Tag (103) Circle Touch Ball (104)

LESSON NO. 4

1. *Position !* (Facings, Marchings, and Dressings) Hands on hips — *Place !* Left backward — *Lunge !* Legs — *Change !* (Repeat) *Position !*
2. Feet sideways place, and arms half forward — *Bend !* Body backward — *Bend !* Arms half upward — *Raise !* Arms half forward — *Sink !* (Repeat) Body — *Raise ! Position !*
3. Left arm sideways and upward, and right arm sideways — *Raise !* Arms — *Circle !* Arms — *Change !* Arms — *Circle ! Position !*
4. Left forward — *Lunge !* Left arm forward and upward, and right arm backward — *Raise !* Right foot and left heel — *Raise !* (Balancing on toes of left foot, knee bent) Foot and heel — *Sink !* Legs — *Change !* (Repeat)
5. Arms forward and upward — *Fling !* Body forward and downward — *Bend !* Body — *Raise !* Arms sideways and downward — *Sink !*
6. Arms forward and upward — *Raise !* Left forward — *Lunge !* Right — *Kneel !* Body backward — *Bend !* Body — *Raise !* Right knee — *Stretch !* Legs — *Change !* Left — *Kneel !* (Repeat) Arms sideways and downward — *Sink !*
7. Arms sideways raise and feet sideways — *Place !* Body left (or right) — *Bend !* Body — *Raise ! Position !*
8. Rocking Step No. 2.

FEET SIDEWAYS — *Place!* ARMS SIDEWAYS — *Raise!*

9. Arms sideways — *Raise!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*
10. Arms sideways — *Raise!* Arms — *Circle!* (Inhale as arms go up and back, and exhale as they come forward and down) *Position!*

FANCY STEPS — Those preceding, except the Rocking Step
GAMES — Circle Tag (104) Stride Pass Race (104) Relay Race (106)

LESSON No. 5

Alternation of Lessons 1, 2, 3, and 4

LESSON No. 6[1]

1. *Position!* (Marchings, Facings, and Dressings) Hands on neck — *Place!* Left (or right) foot forward — *Place!* Heels — *Raise!* Knees — *Bend!* Knees — *Stretch!* Heels — *Sink!* *Position!*

[1] This and the following lessons should not be given to mixed classes at all. Where it is not practicable to separate the sexes, the teacher should give more time to Lessons 1–5.

2. Arms sideways — *Raise!* Body backward — *Bend!* Head backward — *Bend!* Head — *Raise!* Body — *Raise!* Arms — *Sink!*
3. Arms forward bend, and left forward — *Lunge!* Arms sideways — *Fling!* *Bend!* *Position!*
4. Left forward — *Lunge!* Arms forward and upward — *Fling!* Right foot and left heel — *Raise!* Foot and heel — *Sink!* Legs — *Change!* (Repeat) *Position!*
5. Arms forward — *Bend!* Arms sideways circle and body forward — *Bend!* Body raise, and arms inward — *Circle!* *Position!* (See Grade 4, Lesson 7, Exercise 10)
6. Arms sideways — *Raise!* Body backward — *Bend!* Body — *Raise!*
7. Body left (or right) — *Twist!* Forward — *Twist!* Arms — *Sink!*
8. Hands on hips — *Place!* Feet sideways — *Jump!* Feet together — *Jump!* *Position!*
9. Mark time on toes — *March!*
10. Arms sideways and upward — *Raise!* (Inhale) Sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Any game specially designated for Grade 8

LESSON NO. 7

1. *Position!* (Facings, Marchings, and Dressings) Hands on hips — *Place!* Left (or right) backward — *Lunge!* Re — *Place!* *Position!*
2. Hands on hips — *Place!* Body left (or right) — *Twist!* Body backward — *Bend!* Body — *Raise!* Body forward — *Twist!* *Position!*
3. Hands on desks — *Place!* Legs backward — *Raise!* Legs forward — *Raise!* Legs — *Sink!* *Position!*
4. Arms sideways raise, and left (or right) knee upward —

Bend! Knee outward — *Rotate!* Forward — *Rotate!* Legs — *Change!* (Repeat) *Position!*

5. Arms upward, and body forward — *Bend!* Arms upward and sideways — *Stretch! Bend!* (Four counts) Body — *Raise! Position!*
6. Arms forward and upward — *Fling! Kneel!* (On both knees) Body backward — *Bend!* Body — *Raise!* Arms sideways and downward — *Sink!*
7. Arms sideways — *Raise!* Body left (or right) — *Twist!* Body forward — *Twist! Position!*
8. Hands on hips — *Place!* Heels — *Raise!* Knees — *Bend! Hop!* (Hopping on both feet, keeping the knees bent) Class — *Halt!* Knees — *Stretch!* Heels — *Sink! Position!*
9. Arms sideways and left leg backward — *Raise!* Arms and leg — *Sink!*
10. Arms forward — *Bend!* Body forward — *Bend!* Arms sideways — *Fling!* (Inhale) Arms forward — *Bend!* (Exhale) Body — *Raise! Position!*

FANCY STEPS — Those previously given
GAMES — The same as in Lesson No. 6

LESSON No. 8

1. *Position!* (Facings, Marchings, Dressings, and Lunges)
2. Hands on hips — *Place!* Body forward — *Bend!* Head — *Circle!* Body — *Raise! Position!*
3. Hands on desks — *Place!* Legs forward — *Place!* (Throw the legs forward, letting the body hang from the extended arms, back of the body toward the floor) Arms — *Bend!* (Raise the body by flexing the arms) Arms — *Stretch! Bend!* Legs re — *Place! Position!*
4. Arms forward and upward, and left (or right) leg forward — *Raise!* Leg outward — *Rotate!* Forward — *Rotate! Position!*

5. Arms forward and upward — *Fling!* Feet sideways — *Place!* Body forward — *Bend!* Body — *Raise!* *Position!*
6. Knees — *Bend!* Hands on floor — *Place!* (Place the hands on the floor, arms between the knees) Legs backward — *Stretch!* (Straighten the legs with a quick thrust, landing on the toes. The straight legs and body are supported on the hands and toes) Legs — *Bend!* (Quickly jump the feet to their former position) (Repeat) *Position!*
7. Arms forward and upward fling, and left (or right) foot forward — *Place!* Body left (or right) — *Bend!* Body — *Raise!* Feet — *Change!* (Repeat) *Position!*
8. Hands on hips, and left foot forward — *Place!* Heels — *Raise!* Knees — *Bend!* Feet — *Change!* (Keep the knees bent, and change feet with a jump, keeping the body erect) Knees — *Stretch!* Heels — *Sink!* *Position!*
9. Hands on neck — *Place!* Left (or right) knee upward — *Bend!* Knee outward — *Rotate!* Knee forward — *Rotate!* Leg downward — *Stretch!* *Position!*
10. Arms forward — *Bend!* Arms forward stretch, and then sideways — *Fling!* (Done in practically one movement, the first part fast, and the latter part slow with inhalation) Arms forward — *Bend!* *Position!* (This is practically the arm movement in swimming)

FANCY STEPS — Those previously given
GAMES — The same as in Lesson No. 6

LESSON NO. 9

1. *Position!* (Facings, Marchings, Dressings, and Lunges)
2. Arms upward — *Bend!* Body forward — *Bend!* Arms sideways — *Fling!* *Bend!* Body — *Raise!* *Position!*

3. Hands on desks — *Place!* Legs backward — *Raise!* Arms — *Bend!* (Bend arms to a right angle, supporting the body with the arms) Arms — *Stretch!* (Raise the body, keeping the head and chest up. Repeat as the class gains strength) Legs — *Sink! Position!*
4. Left forward — *Lunge!* Arms forward and upward — *Fling!* Left heel raise and left knee — *Stretch!* (Straighten the left leg, rising on the left toes. This puts all the support on the left toes. Keep the body inclined forward, the head up and chest out) Knee bend, and heel — *Sink!* Legs — *Change!* (Repeat on the other side) *Position!*
5. Lying on desks — *Front!* (Lie face down on desk, catching the heels under the seat behind) Hands on hips (or neck) — *Place!* Body backward — *Bend!* Body — *Stretch! Position!*
6. On desks — *Sit!* (Catch the toes under the edge of the seat back) Hands on hips (or neck) — *Place!* Body backward — *Bend!* Body — *Raise! Position!*
7. Arms sideways — *Raise!* Body left (or right) — *Twist!* Body forward — *Twist! Position!*
8. Hands on hips — *Place!* Heels — *Raise!* Knees — *Bend!* Feet sideways — *Jump!* Feet together — *Jump!* Knees — *Stretch!* Heels — *Sink! Position!*
9. Hands on neck — *Place!* Left (or right) leg sideways — *Raise!* Leg — *Sink! Position!*
10. Arms forward — *Bend!* Arms upward — *Stretch!* (Inhale) Arms sideways and downward — *Sink!* (Exhale)

FANCY STEPS — Those previously given
GAMES — Those of Lesson No. 6

LESSON NO. 10

Alternation of Lessons 6, 7, 8, and 9

PART II

GAMES AND MASS COMPETITIONS

GAMES FOR GRADES 1–8

THE children in the schools are not getting full value out of their recess. They stand about or sit in the shade, and even fight at times. This loafing is due, not to the fact that they do not want to play, but to the fact that they know of no games to play, and often children do not know *how to play*. As a result, they do not come in from recess rested, and with mind and muscles refreshed, but, having worked off little surplus energy, are in the same condition of restlessness that they were in before recess.

It is to correct this lack of games that the following provisional course of games is issued. Those marked with an " R " may be played in the schoolroom. The figures in parentheses indicate the grades for which the game is most suitable. If no figures appear, the game is suitable for any grade.

Teach about three games to start with, to give variety, and after these are well known, add a new game about once in three weeks.

Each school needs the following play equipment, the number of each article varying according to the size of the school:

Two medicine balls, 2 basket balls, 2 volley balls, 100 to 200 bean bags, 2 jump ropes (20 ft.), 6 jumping ropes (8 ft.), 3 baskets, 6 towels, 3 bean bag boards, 4 indoor base balls, 4 indoor base-ball bats, 2 tennis nets and 2 sets of posts, 8 feet in length.

CAT AND RAT

1. **Cat and Rat (1–4) R.** Children join hands in a circle (at front of room). One is chosen "cat" and another "rat." The cat tries to catch the rat; players help the rat and hinder the cat by raising and lowering the arms, and by not allowing the cat to break the ring of hands. Choose different cats. The game may be varied by having more than one cat at a time. During first part of year, cat chases rat without hindrance.

2. **Bean Bag Relay Race.** The children are formed in two files, behind a line marked on the ground. A stone is placed about thirty feet away. Each leading child has a bean bag, which, at a signal, he carries about the stone, carries back to his file, and *hands* to the next one behind, who in turn runs around the stone. Throwing the bag is barred. The side running all its players about the stone first, wins.

3. **Bean Bag Passing Race (1–3) R.** The children are divided into two or more teams, or sides, of equal numbers. Each team is lined up in an aisle, on the rear desk of which are a number of bean bags. In front of each aisle is a box or a basket. At a signal, the bags are taken one at a time from the desk,

passed down the line by each child, and thrown into the basket by the one in front. The team finishing first wins.

4. **Imitation** (1–3) **R.** The teacher or a chosen child acts as leader, doing various gymnastic exercises or fancy steps. The others imitate. The best imitator may be chosen as the next leader.

5. **Rabbit Chase** (1–3) **R.** Two bean bags of different colors are used, one color to represent the "rabbit," the other the "hound." One child in the circle receives the rabbit, and the hound is given to a child in the opposite side of the circle. As soon as the signal is given, the hound and rabbit are passed along from player to player. The hound chases the rabbit. Thus the game goes on, the children helping the rabbit to get away and the hound to reach the rabbit. If the rabbit has circled around three times without having been caught by the hound, the rabbit is safe. After a moment's rest the game may be repeated, but rabbit and hound must travel in the opposite direction. Any two adjoining children, *i.e.*, passer and receiver, who let the rabbit drop, must step into the center of the circle when the next rabbit chase begins.

6. **Fly Feather** (1–3) **R.** The players form a circle. A small downy feather is thrown into the air. No player is allowed to touch it, but it must be blown away as it comes near. The circle may lightly dance about to music while blowing the feather. The players may be divided into sides, and the feather falling upon a player will score a point for the opposite side.

7. **Crow Race** (1–3). The children start at a line. Each stoops and clasps his hands about his ankles. In this position all start at a signal and may either hop or walk, racing to the finish line. Any one removing the hands from the ankles must drop out.

CROW RACE

8. The Washerwoman (1–3) R.

PART I: In couples, facing each other, in circle around the room.

1. Scrub — scrub — scrub! scrub! scrub! (Repeat)
2. Wring — wring — wring! wring! wring! (Repeat)
3. *Dry* the clothes — *dry* the clothes — *dry* the clothes. (Hands joined and arms swinging back and forth) (Repeat)
4. Take them in — take them in. (Turning, with hands joined overhead, in six short steps) (Repeat)

PART II: Partners side by side.

5. Step outside foot — inside foot — outside foot. (Hands joined)
6. Turn, step outside foot — inside foot — outside foot. (Hands joined)
7. Hands not joined, partners facing. Slide bend, slide bend, slide pirouette.
8. Finish with three stamps, facing partners. (Repeat)

CATCH THE HANDKERCHIEF

9. **Follow my Leader** (1–3) **R.** The teacher may suggest many movements for the children to imitate, such as standing with feet apart, jumping to the stride standing position, jumping and touching high mark on the blackboard, stooping forward to touch the floor with finger tips while keeping the knees straight, blowing feathers, etc. Take deep breaths and blow hard.

10. **Catch the Handkerchief** (2–4). Use a small handkerchief or a bean bag. One player, A, is chosen to be "it." The other players stand in a ring, with feet apart, their hands open behind their backs with the palms up. A runs outside of the ring, drops the handkerchief into the open palms of some player, B, and runs on in the same direction he has been pursuing. As soon as the player B feels the handkerchief in his hand, he also runs outside the circle, but in the direction opposite to player A. Both try to reach first the open place which B left. When they meet on their run around the circle, they pass each other on their left sides. Whoever reaches the open place last is "it" for the next play.

11. **Spinning the Plate** (2–4) **R.** The players are numbered around the circle. One takes a tin plate and spins it in the center, at the same time calling a number. The one called must catch the plate before it falls. The class may be divided into sides, the odd numbers on one side and even on the other, odd numbers to call only even, and *vice versa*. Each catch scores a point.

12. **The Snake** (1–2). One player drags a rope about, and the others try to catch the end of it with the hands. They must not step on it.

13. **Bean Bag Passing Overhead** (1–4) **R.** Teams form lines in files and race, by passing bean bags, one or more to each file, from front to rear, each passing the bag over his head. The last is to throw it into a basket.

14. **Squat Tag** (1–3). A simple game of tag. The players cannot be tagged when squatting.

15. **Klapdans** (2–4) **R.** Arrange couples in a circle or straight line. Partners face each other.

1. Clap! Clap! Bow! (Bow to the right)
2. Clap! Clap! Bow! (Bow to the left)
3. Stamp right foot. Stamp left foot.
4. Take three hops around to place.

16. **Boiler Burst** (3–5). A chosen player tells a story; at some point the story teller says, " and the boiler burst." On this signal, all the players run to a designated goal. If any one is caught by the story teller, he becomes " it," and must tell a story. If no one is caught, the same story teller must repeat.

17. **Lame Wolf** (1–4). One player is chosen " lame wolf "; the other players are " children." A " den " is marked off for the wolf at one end of the field of play, and a house for the children at the other end. As soon as the wolf has entered his den the children run out of their house and begin teasing the wolf,

LAME WOLF

calling, "Lame wolf, can't catch anybody." Upon hearing this the wolf, if he thinks it a good chance for catching some children, runs out of his den; but he can take only three steps when his lame leg gives out and he is forced to continue his chase, hopping on one foot. Any children he catches must go at once to the wolf's den and are young wolves; they all act as lame wolves and help catch the "children." When all the rest of the children are again safe in their homes, the wolf returns to his den; upon seeing this, the children venture out again and begin their teasing once more. The game continues until only one child remains. This child is the wolf if the game is repeated.

If the wolf or any of his young wolves run after the first three steps, instead of hopping on one foot only, the children drive them back to the den, but as soon as the last wolf has crossed the line of the den, the wolves may start their chase again. Any of the "children" or lame wolves may at any time return to their home for rest.

18. Wrestling Circle: Poison (3–6). A few upright Indian clubs are placed within the circle of players, who grasp hands

and on signal try to make some one upset one or more clubs by pushing and pulling. Any player who knocks down a pin must drop out of the circle until only one player remains; or, better, he leaves the circle until the next one drops out, when he may return. Various grips should be specified by the umpire for each round; as, right hand on neighbor's left wrist, left hand grasping right wrist, ordinary hand clasp, "Indian grip" or hooked fingers, etc. The one responsible for a break in the circle may be dropped.

19. **I Put My Right Hand In** (3–6) **R.** Children standing in a circle, or in aisles, may sing when taking the exercises in this play. The play begins with hands first; as, "I put my right hand in, and I put my right hand out. I give my hand a shake! shake! shake! and turn myself about." The same with the left hand, then both hands. The same with each foot and then with both feet. In executing movements with feet, children advance one step with left foot toward center, then turn about (half turn). Advance one step with left foot, after which they shake the foot vigorously and turn about (full turn) by hopping around on toes. Repeat with right foot. In doing this movement with both feet, children jump in toward center and in the same manner jump out. They try to shake both feet and then turn about, hopping on toes.

20. **French Blind Man's Buff** (4, 5). All the players are numbered, and one player is blindfolded. The others, standing some distance apart, form a ring about him. The one in the center calls out two of their numbers, and players having these numbers change places at once. While they are changing, the center player tries to catch one of them. If he succeeds, he takes the place of the player he has caught, and that player goes to the center and is blindfolded in his turn.

21. **Bag Board** (2–5) **R.** Procure an inclined board with a hole in it about ten inches square. The game is to throw bean

BAG BOARD

bags through this hole. Sides may be chosen, each side taking a throw alternately. The throwing distance is eight to twenty feet, depending upon the age of the players.

22. **Mr. Slap Jack** (4–6). The players form a circle. Special care must be taken that there be no large open spaces between the players. There should be a distance between the players of about two feet. One player is " it " and, with a towel in one hand, walks around the outside of the circle. The players hold their hands behind their backs with palms up. " It " drops the towel into some player's hand, and quickly escapes by running around the circle in any direction he chooses. The one who received the towel quickly runs after " it " and slaps him as much as he can until " it " is exactly in the place where the player stood when he received the towel. The one who received the towel now continues as " it."

23. **Umbrella Ball** (4–6). The players place the bean bags on their heads, and march around the room, halting so as to form a hollow square. Four umbrellas or boxes or baskets are placed on tops of desks or in the chairs, so that each may be a

TAG THE WALL RELAY (START)

goal for one fourth of the players, and be about six feet from each person. At a given signal, the players throw their bags or balls into the nearest umbrella.

The bags are taken from the umbrellas, and the players throw again. When they can throw fairly well, they should be required to use each hand alternately.

24. **Hill Dill** (4–7). Two parallel lines are drawn near the center of the field of play, from ten to twenty-five feet apart. One player, "it," stands between them and calls —

"Hill dill,
Come over the hill,
Or else I'll catch you
Standing still."

The other players, who stand on one of these lines, then run across the marked play area to the other line. While they are crossing this area, they may be tagged, and all those tagged must join "it" and help tag the rest. The game continues until every player has been tagged.

25. **Tag the Wall Relay Race** (4–7). The players are divided into four, five, or six equal teams; or captains are appointed to choose teams.

TAG THE WALL RELAY (RETURN)

A line is marked parallel to a wall or fence thirty to fifty feet away from the wall. Mark on the wall, opposite each team, the number of the team. This mark will be the spot the runners must tag. If there is no wall or fence at one end of the field of play, place some objects, like chairs or boxes, to represent the wall.

The teams, in file formation, and with six or eight feet distance between each team, line up behind the thirty-foot line. At the word "Go," the first runner of each team crosses the line, runs as fast as possible to the wall, touches the wall, returns, tags the next member of the team, and takes his position close behind the last runner of his team.

The second runner, as soon as tagged, runs in the same manner as the first, and so on, every member of each team running as soon as tagged. The race is finished as soon as the last runner has tagged the first runner. The team finishing first wins the race.

Heats may be run as follows:

First heat — Running to the wall and tagging wall with right hand, returning on left side of team, and tagging next runner with left hand.

Second heat — Tagging wall with left hand, returning on right side of team, and tagging next runner with right hand.

Third heat — Same as first, but walking.
Fourth heat — Same as second, but skipping.
Fifth heat — Running on hands and feet (rabbit race).

26. **Hunt the Key** (4, 5) **R.** A key is hung on a long piece of twine. The players form a ring, hold the twine, and pass the key back and forth, keeping their hands constantly in motion. One player stands in the center and tries to discover who has the key. Occasionally some one may whistle on the key to show where it is, and then pass it on rapidly. When a player is caught with the key in his hands, he changes places with the player in the center.

27. **Flag Relay Race** (4–6) **R.** A long chalk line is drawn across the schoolroom in front of the desks. The children are seated in files, which have each the same number of players, and a state flag is given to the first child in each file. The child takes the flag to the back of the room and stands opposite his aisle, with his foot touching the wall. At the signal "Start," he runs down the aisle to the chalk line, makes an about-face, and runs back to his starting-point. There he is met by the second child in his file, who takes the flag as quickly as possible, and runs with it as the first runner did. This continues until every child in the file has run. The file which finishes first receives the United States flag, and keeps it until some other file wins it away.

The race may be varied by having the children jump between desks of adjacent rows, by having them hop down the aisle on the right foot and hop back on the left, or by having them stop between desks or chairs to perform a definite task, such as picking up and replacing beans or stones, or performing some gymnastic exercise.

28. Touch Ball No. 1 (4–6). The players form a circle, with an arm-length open space between players. Each player must stand in stride position with both feet on the circle. One player is " it," and his position is on the outside of the circle.

The players on the circle pass a basket ball, eraser, bean bag, etc., quickly around the circle; no player may be skipped, but the direction of the movement may be changed at will. " It," on the outside, tries to touch the moving object with his hands. If he succeeds, the player having the ball or having last handled it, becomes " it," and the player's place is taken by " it."

Rule 1. The object must not be batted, or passed with one hand.

Rule 2. A player may not move his feet when in actual contact with the ball. He may stoop or bend or twist in any direction.

Rule 3. " It " may not push or touch any player. If he does this while making a " touch," his play shall not count.

Rule 4. If the ball is dropped and rolls inside the circle, any player may recover it; but if it drops or rolls outside the circle, the ball goes to " it," and the player who last handled it becomes " it."

29. Dodge Ball No. 1 (5, 6). All the players join hands and form a circle, and then number off by threes. A circle must be marked on the ground.

All those who counted " one " go inside the circle. A volley ball or practice ball is used. The " twos " and " threes " upon a given signal begin to pelt the " runners " on the inside of the circle, while the latter try to dodge the ball. If any one is hit, he must join the circle and assist in " killing " the runners. This continues until only three runners are left.

As soon as only three of the " ones " are left inside, the first inning is ended. The second inning is played as the first, only the " twos " go inside the circle. In the third inning, all the

DODGE BALL

" threes " go inside the circle, and the " ones " and " twos " pelt from the circle.

A fourth inning may be played to determine the quickest dodger of the class. For this purpose, all the last three players of each number enter the circle, *i.e.*, nine players, and all the rest pelt. This inning is continued until one player is left inside the circle.

Rule 1. Any runner is " dead " and must join the circle if the ball touches any part of his body.

Rule 2. One throw may " kill " one or more runners, *e.g.*, if the ball should bounce from one to another, or more.

Rule 3. The throwers on the circle may run into the circle to recover the ball, and may throw it to one of the players in the circle, but in order to make a " killing " the thrower must have both feet on or behind the circle.

30. **Catch Ball** (5, 6). A circle six feet in diameter is marked in the center of the field of play. Into this circle " it " steps with a basket ball. The players join hands and form a concentric circle outside the six-foot circle. " It " tosses the ball into the air in such a manner that it will fall inside his six-foot

circle if the ball is not caught or otherwise deflected by a player. Just before " it " throws the ball into the air, he calls the name of a player in the circle. The one called must try to catch the ball before it reaches the ground. If he succeeds, he takes the center and becomes " it," while " it " joins the circle. If he does not succeed, he returns to the circle, and " it " tosses the ball again, while calling some other player. The ball must be tossed into the air to a height equal at least to the radius of the circle formed by the players.

31. **Straddle Ball** (5–7). The players form a circle, feet in straddle (stride) position and toes touching those of the adjoining player. " It " stands in the center with a basket ball and tries to roll the ball out of the circle between the feet of some player. The player tries to prevent this by stopping the ball with his hands, and, if successful, must roll the ball back to " it " in the center. If " it " succeeds in getting the ball out of the circle, the player through whose feet the ball passed becomes " it," and takes that player's place in the circle.

32. **Bears and Cattle** (5–8). Two " barns " are marked, one each on the side lines of the field of play. A " den " is marked midway between these barns, but on the other side of the field.

One player is " bear " and stands in his den. All the other players are " cattle " and take their places in the barns, about half the players in each barn.

Upon a given signal the cattle must cross over to the other barn, and while they are changing, the bear runs out of his den and tags as many cattle as possible. He should be careful to tag first a good lively " steer." All tagged cattle return with the bear to his den and become bears. The bears must now form a line by joining hands; the old bear and the first one tagged must take the ends of the line, and these two alone may tag during the subsequent chase. All newly tagged bears must join the line anywhere between the two end bears.

A signal must be given for each new chase. The bears may chase only in an unbroken line. If the line breaks, all cattle tagged during that chase are free again, and the cattle must drive the bears back to their den.

The last of the cattle caught becomes bear in the next game.

33. **Tossing Race** (4–6). The players are divided into six or more teams of equal numbers. The teams line up in front formation, one beside the other, all facing in the same direction, and each player about eight feet distant from his next team mate. The first player in each team is captain and receives a bean bag, basket ball, or medicine ball. The players stand in stride standing position, and must not move their feet while handling the bag. If ball or bag is dropped, the player must quickly recover it, return to his place, resume position, and then toss.

The following order of heats is suggested:

First heat — Toss the bean bag with right hand to next neighbor, who must catch with both hands, and toss with right hand. Ball must travel from player to player to the end of the line and back again to the leader.

Second heat — Same, tossing with left hand.

Third heat — Same as No. 1, but catching and tossing with right hand.

Fourth heat — Same as No. 1, but catching and tossing with left hand.

Fifth heat — Same as No. 1, but with basket ball, using both hands for tossing and catching.

Sixth heat — Same as No. 5, twice up and down.

Seventh heat — Same as No. 5, five times up and down.

Eighth heat — Team face to right (left), so that players are now in file formation, one player behind the other. One player tosses the ball with both hands back over his head to the next player, then faces about and awaits the return of the ball, tosses, and again turns about.

THREE DEEP

Fouls: 1. Moving feet while handling the ball.
2. Passing the ball while out of position.
3. Any offense against the special direction for each heat.

34. Three Deep (3–8). Twenty-four players or more form a circle of pairs with space enough between the players (who stand closely one behind the other, facing the center of the circle) to allow the runners to turn and run in all directions. Two players, on the outside of the circle and at a distance from each other, begin the game. One of them, the tagger, seeks to tag the other player before he can secure a place in front of any of the pairs forming the circle. If he succeeds in this, rôles are changed, the player tagged becoming tagger, and the former tagger in turn endeavors to secure a place in front of some pair. But whenever the runner (the player pursued) has succeeded in getting in front of a pair before being tagged, then the hindmost (the last or third, in the respective file) must take to his heels and seek to evade the unsuccessful tagger, who now turns his attention to him. In seeking to evade a tagger, the successive players may run in any direction, either left or

right and across the circle, but may not pass in front of any one rank to another rank in such a manner as to induce wrong starts. A hindmost player may also form in front of his own rank, making the second player in such rank hindmost or "third." The play is always directed against the third or last of a rank, two players being the number limited to each play. When classes of players are too large, the circle may be formed by rows or ranks of threes, instead of by twos or pairs.

35. **Bean Bag Drill** (4–6) **R.** The players are all seated at their desks. A bean bag is placed on the floor at the head of each aisle. At the command, "Are you ready — go!", all players in the front line leave their seats, seize their bags, run and touch the rear wall, then run back to their seats, leaving the bags on the floor at the side of the second row of desks. The second line of players do likewise. The row which finishes first wins. The second time this is played, it is well to place the bean bags at the foot of each aisle and let the last line of players start the game, so as to equalize the running for all the players.

36. **Simon Says** (3–5) **R.** One player is chosen leader. The other players stand at their desks. The leader faces the players and commands, "Simon says, 'Arms sideways fling!'" or "Simon says, 'Position!'" or "Simon says, 'Jump forward!'" or "Simon says, 'Rise on toes!'" etc. Whereupon the players do what is commanded. But if the command is not preceded by "Simon says," the players do nothing. Any player following this last command must drop out of the game and sit down. The play continues until all are caught.

37. **Jolly Fisherman** (4–6). This game is known also as Jump the Shot and Jumping Circle. Players (6 to 25) form a circle about the teacher, who whirls a weighted rope in circles close to the floor. The high jump rope weighted with shot bags or rubber ends is suitable. The "fisherman" attempts to catch the players, who must jump the rope, by vary-

ing the speed of the whirling line and passing it readily from hand to hand to obviate turning his body. When a " fish " is caught (generally the rope winds about an ankle), the fisherman should pay out the line or let go entirely, to prevent pulling on the jumping player. A player caught or allowing the line to touch him must drop out, but he may be allowed to return when the next one fails. The fisherman adds to the interest for children by naming the fish, and employing fisher talk in general.

38. Touch Ball No. 2 (6–8). The players join hands and form on a circle marked on the ground. If there are more than thirty players, two or more circles must be formed. A basket ball is given to a player in the circle. The ball is rolled from one to another, from side to side, here and there, anywhere a player chooses, but always in such a manner that " it " cannot easily tag it. One, two, or three players are " it," and take their places anywhere inside the circle. If any one of them succeeds in tagging the ball, the player who last handled the ball becomes " it," and the successful " it " joins the circle.

All players must stand with both feet on the circle, and may not leave the circle to recover the ball if it is inside the circle. A player may fall forward on his hands to recover or pass a ball, providing both his feet are on or behind the circle. The ball may be passed with one or two hands or it may be batted, but it must be kept rolling. If the ball rolls out of the circle, the player recovering it must first take his position on the circle before he may pass the ball. Any player is responsible for the ball as soon as any part of his body has come in contact with the ball. Any player fouling against these rules must leave the game.

39. Towel Race (6–8). The players are divided into three or more teams of equal numbers, or captains may choose sides. The teams are lined in file formation, with six to eight feet distance between each two adjoining teams.

The first player of each team must toe the base line. Thirty to fifty feet from the base line and parallel to it, the marks are placed. These may consist of chairs, posts, jumping stands, baskets, etc. There must be one mark for each team, exactly opposite the team's position. The first player, who is captain, holds the towel.

The following order of variations should be followed:

First heat — Running up to the mark on the right side, rounding the mark, coming back on the left side of the team, and delivering the towel to the next player with the left hand.

Second heat — Running up to the mark on the left side, rounding the mark, returning to the team on the right side, and delivering the towel with the right hand.

Third heat — Combination of first and second heats as one heat, *i.e.*, the second heat follows the first without a new starting signal.

Fourth and fifth heats — The same as first and second heats, but walking instead of running.

Sixth heat — The same as first heat, but on hands and feet.

Fouls: 1. Runner leaving base line before he has the towel.
2. Tossing the towel.
3. Rounding the mark on the wrong side.
4. Returning to the team on the wrong side.
5. Delivering the towel with the wrong hand.
6. Disturbing the mark while rounding it.

40. **Duck on the Rock** (3–8). Playing space, twenty feet by thirty feet. Players, six to twenty. Near one narrow or wide end is placed a stone about a cubic foot in size, called the "rock." Each player has a small stone about the size of a base ball, these being the "ducks." A goal line is drawn about twenty-five feet from the rock, or duck perch.

To begin the game, each player tosses his duck toward the rock, and the one which lies farthest away becomes duck on

DUCK ON THE ROCK

the rock, and its owner becomes guard while the other players secure stones and stand behind the goal. The object of the players now is to toss their stones and displace the duck on the rock, and then return to the goal line with their ducks before the guard can replace the duck on rock and tag them. Any one missing the duck must await a favorable opportunity to secure his duck and run "home," as he is liable to be caught by the guard whenever he touches his duck. But the guard must replace his duck on the rock before he may tag any one, and the players keep each other informed by calling, "Duck's off" when it is displaced. A player caught outside goal after touching his duck becomes the new guard.

The guard, when catching a player, may be required to say, "Guard duck," to make his play count, for if the player caught can shout, "Double duck" first, both players must occupy the rock, each guarding his own duck. A player at goal may relieve one in field by making his duck strike the duck of the other, — called "kissing." This game may be played indoors, using a soft medicine ball or Indian club for the rock, and bean bags for ducks. The floor should be covered with mats to prevent noise and rolling of balls.

41. **Steps (4–6) R.** The players are drawn up in line, each one equally distant from the goal, which is some object, as a wall or a line marked on the floor. One player is chosen to be "it," and stands in front of the others, facing them. He closes his eyes and counts ten aloud, then instantly opens his eyes. While his eyes are closed, the other players may run, walk, or move toward the goal in any way, but before his eyes are open they must stop. All whom he sees moving he will send back to the starting line. The players win in the order in which they reach the goal; or, if preferred, the first player who reaches the goal is "it" in the next game.

42. **Ball Drill (5–7) R.** This may be done with either a basket ball or a volley ball.

Hand or Hands Used	Position of Player	Position of Ball	Kind of Pass
Both	Facing partner, astride	Ball held above head	Throw
Both	Facing partner, astride	Ball held close to chest	Push
Both	Facing partner, astride	Ball held low between feet	Toss
Both	Back toward partner, astride	Ball held above head	Throw backward
Both	Back toward partner, astride	Ball held low between feet	Toss between feet
[1] Right	Facing partner, astride	Ball held in curve of right arm	Bowling toss
[1] Right	Left side toward partner, astride	Ball held in curve of right arm	Throw sideways over head
[1] Right	Left side toward partner, astride	Ball held in curve of right arm	Toss in front of body
[1] Right	Left side toward partner, astride	Ball held in curve of right arm	Horizontal swift pass with twist of body
[1] Right	Left side toward partner, left knee in front	Ball held in curve of right arm	Toss in front of body and under knee

[1] May reverse exercise.

43. One-Legged Relay (6–8). Bean bags are arranged on the ground in two parallel rows, each row having the same number of bags placed at the same distances apart. Sides are chosen, and each player in turn races with some player of the other side. Each player hops on one foot down the line and back, going over each bean bag, and then hops down and back a second time, going around each bag. Any player who touches the other foot to the ground must begin over again. The first to finish wins, and the side which has the larger number of winning players is the winning side.

44. Hopping Race (4–6) **R.**[1] A line is drawn across the front of the schoolroom to serve as goal, and the children are seated at their desks so that there is the same number of players in each row. The leader of each row takes his place at the back of the room opposite his aisle. The teacher gives the command, "Stoop!" and each takes a stooping position, with his hands clasped under his knees. The teacher then says, "Go!" and the children hop down the aisles to the goal and back to their seats. The child who first returns to a good sitting position at his own desk, after hopping down and back without touching his hands to the floor, is the winner of the race. When the leaders have finished, the players who are second in the rows have their turn, and so on. The game can be played with similar rules in a field or gymnasium.

45. Hurly-Burly Bean Bag (7, 8) **R.** The children are seated so that all the rows have the same number of players in them. The bean bags are distributed by the players in the front seats. At a given signal, each child who has a bean bag throws it over his head. The child immediately behind claps his hands after the bean bag has been thrown, then catches it or picks it up, and throws it back to the next player. So it passes up the row to the last child, who, immediately after catching it, stands

[1] Only when aisles are wide.

on one foot, holds the other in his hand, and hops down the aisle to the front of the room, where he performs some gymnastic movement previously agreed upon. While he does this, each player in the row moves back one seat. As soon as he ends his gymnastic movement, he seats himself in the front seat, which has just been vacated, and starts the bean bag as it was started at the beginning of the game. The game continues until this player again occupies the rear seat. The row that accomplishes this first wins the game.

Variations may be made by having the bag caught with the right hand thrown with the left, or by having some gymnastic exercise substituted for the clapping of hands.

46. **Leap Frog** (7, 8). Team races of leap frog, each boy leaping over the stooping back of each of his team mates. The team completing the circuit first, wins.

47. **All Up** (5–7) **R.** Four circles are drawn in a row near the front of the room, and three crosses marked in each circle. Six Indian clubs are placed on the crosses in the two outside circles, and the players are arranged in two equal files at the back of the room. Starting points are marked behind the two aisles which are to be used by the runners. One player on each side stands ready, and at the signal runs to the outer circle on his side, carries the clubs one at a time to the inner circle, and places them on the crosses. When the clubs are placed in an upright position, the player returns to his file by the center aisle. The one who first reaches a given point in the file scores one for his side. The next two runners return the clubs to the outer circles, and so on. The game continues until all have had a chance to run. The side scoring the greater number of points wins the game. If there is a large number of players, several circles may be drawn, and the players arranged in several files. The game can be played in a gymnasium or out of doors, as well as in the schoolroom.

JAPANESE TAG

48. Japanese Tag (3–5). Use the rules of ordinary tag, but "it" must tag with his left hand while the right hand is held constantly against the spot on his body where he was tagged. By tagging him in an awkward place for him to hold his hand, as the left knee, a player may be crippled, when every one should play close up to tease him.

49. Touch Ball No. 3 (7, 8). The players form a circle. One, two, or three players are "it," and stand inside the circle. A player tosses a basket ball to any player he chooses, and so the ball is kept moving rapidly from one player of the circle to another. "It" must try to tag the ball, and, if successful, the last player having tossed the ball or in any way having come in contact with the ball becomes "it," and "it" who tagged the ball joins the circle by taking that player's place.

Rule 1. The ball must be tossed with one or both hands.

Rule 2. A player may not go inside the circle to recover the ball.

Rule 3. The ball may not be batted.

Rule 4. If the ball falls outside the circle, any player may recover it, but he cannot put it into play again until he is back in his place.

Rule 5. A player becomes responsible for the ball as soon as the ball has come into contact with any part of his body.

Rule 6. A player may refuse to accept a ball if by accepting he runs danger of being "it," but he cannot leave his place in the circle, although he may duck to get out of the way of the ball.

Rule 7. If the ball is tossed too high and passes over the circle, "it" may recover the ball, and the player who tossed the ball becomes "it."

Rule 8. "It" may tag the ball at any time, but if he fouls a player by running into him, or otherwise touches a player, his tag shall not count.

50. **Circle Race** (7, 8). The players join hands and form a circle. After a perfect circle has been formed, the players are told to drop their hands; on command all must take one step backward. It is important that a true circle be maintained throughout the race. The players stand in stride position, and may not move their feet except when recovering the ball. The players number off by twos. All those who count "one" are the first team, and all those who count "two" are the second team.

A medicine ball, basket ball, or bean bag is given to the two captains, who must stand exactly opposite one another in the circle. Upon a given signal, each captain passes the ball to his left team neighbor, and he to the next, and so the ball is rapidly tossed from one member of a team to the next. Thus the ball of one team is racing that of the other.

Each heat lasts two minutes, and the team whose ball had gained upon the other ball at the time the whistle announces the end of the heat, wins that heat and counts one point. The position of the players having the ball at the time the whistle

is blown, determines the gain or loss. Should one team's ball pass the ball of the other team inside the two-minute heat, that heat counts two points for the winning team, and the moment of passing is the end of that heat.

The number of heats to be played must be decided upon before the game starts.

A race consists of three, five, seven, or more heats; the number of heats must be uneven. At every new heat, the balls must travel in the opposite direction to the one previously traveled.

Fouls: 1. Any player of one team interfering in any way with the ball of the other team, commits a foul. Upon noticing this foul, the referee blows the whistle, and the ball of the fouling team is put back one player. A new signal is given for continuing this heat.

2. If a ball is dropped to the ground, the player dropping it must recover it; but, before passing it, he must first return to his place.
   Offense against this rule constitutes a foul and is punished as under No. 1.

3. The ball must be caught and tossed with both hands. Foul is punished as under No. 1.

51. **Ball Tag** (7, 8). The players join hands, form a circle, and number off. One player is " it " and stands in the center of the circle with a practice ball or volley ball. " It " calls out two numbers, and the players having these numbers must quickly change their places. As soon as " it " has called the numbers, he tosses the ball to another number in the circle, and this player must quickly toss it back to " it." " It " thereupon tries to hit one of the two changing numbers with the ball. If he succeeds, he joins the circle, and the number hit becomes " it."

52. **Circle Touch Ball** (7, 8). One player is chosen to stand in the center, and the other players form a circle around him. Enough space is left between the players so that the one in the center can run in and out. A basket ball is passed here and there in any direction among those in the circle, and the one in the center tries to touch it. If he succeeds in touching it while it is held by one of the players, that player changes places with him. If he touches it while no one is holding it, the one who had it last must change places with him. A player on going to the center cannot at once touch the ball, but must wait until some other player has handled it. To make the game a success, the players should coöperate to keep the ball from the player in the center, and should tease him and make various feints.

VARIATION: CIRCLE CATCH BALL. In this game, a lighter ball should be used, one that can be readily thrown and caught. The object of the player in the center is to catch the ball. A mere touch does not count. Except for this, the game is like Touch Ball.

53. **Circle Tag** (6–8). Make a number of circles (with chalk) upon the floor, at least two feet in diameter. One player, "it," may tag any player who is not standing within a circle. Not more than two players may stand in a circle at one time. The player who first entered the circle may be forced out by a third player entering, and so on. If there is any doubt who was the first to enter the circle, "it" may tag all three and compel those players to decide upon the one to be "it."

It is not necessary that the players should stand within the circle, except when they wish to avoid being tagged. The number of circles must be limited so that there shall not be circles enough for all the players to be safe at one time.

54. **Stride Pass Race** (7, 8). The players are divided into two, three, or more teams, or captains are appointed who

STRIDE PASS RACE

may choose sides. A goal line is marked about eight feet from the side line of the field of play, and a box one foot square is marked for each team from six to eight feet apart on the goal line. A base line is marked about sixty feet from the goal line and parallel to it.

The teams line up in file formation, behind the boxes and facing them. The first player of each team must toe the goal line, and the last player must toe the base line; the rest of the players take position between the first and last players, and at equal distances from each other.

One medicine ball is given to each leader of a team. All players take stride standing position. It is important that the players maintain a straight line throughout the race. At a given signal, the first player lifts the ball out of the box and snaps it backward between his legs and the legs of all his teammates to the last player behind the base line. The ball must roll on the ground, and each player may assist the ball down between the legs to the base line player. Care must be taken not to hit the ball sideways out of its course. As soon as the last player receives the ball, he picks it up, runs with it on the right (or

left) side of his team, up to and over the box, touching the box with the ball, and in his turn snaps it back like the first player. Every player moves backward into the position of the man behind him as soon as he has passed the ball. The race is finished when the first "snapper back" has returned the ball to the box.

The following order of heats should be observed:

First heat — Running up on right side.
Second heat — Running up on left side.
Third heat — Nos. 1 and 2 in one heat.

Fouls: 1. If the ball goes outside any player's feet, it should be recovered as quickly as possible by that player; he must return to his station before he can pass the ball. The penalty for this foul is one point off the score.
2. Before snapping the ball, the "snapper back" must touch the box with it. Offense against this rule is one point off the score.
3. If the last player crosses the base line before he has the ball, he commits a foul. Penalty, one point.
4. Running up wrong side. Penalty, one point.

55. Relay Race (7, 8). Choose teams of equal numbers. The leader of each team makes a complete circuit of the building and touches the next on his side, who does the same. This continues until all have run. The team first completing the circuit wins.

56. Potato Race (7, 8). All are acquainted with the old-fashioned potato race, where an equal number of potatoes for each player is placed in a line (as in the Indian Club Race), the race being finished or won when all the potatoes (taken up one at a time) are placed in the receptacle at the starting line, and the final dash made for the finishing line. Rules are found in the Official Handbook of the Amateur Athletic Union.

57. Snatch the Kerchief (7, 8). Players, ten to forty. Equal sides are chosen, which face each other on parallel goal lines, about sixty feet apart. An upright club or bowling pin, on which a handkerchief is loosely hung, is placed on a center division line. On signal, the right end player from each flank runs to the pin, his object being to secure the kerchief without overturning the pin and return to his goal before being touched by his opponent. If he succeeds, his opponent drops out or becomes a player on the winner's side, but if he is tagged after touching the kerchief, or if he causes the pin to fall, he loses and must fall in at the left end with the winner. After each trial, the umpire replaces the handkerchief, and the play is repeated until all are on one side or until time is called, when the side having the larger number of players wins.

Players, when near the pin, must keep at least one foot nearer to the goal line than the pin is. When neither player is willing to attempt touching the kerchief, the umpire restarts them after one minute.

58. Corner Ball (8). This game may be played on a gymnasium floor or in the open air; space, about thirty feet by fifty feet. Apparatus, a basket ball. A line divides the space and separates the players of two sides. A base is marked (with chalk or by placing a mat) in each corner, at least ten feet from the boundary. Two active members from each team are chosen to occupy the bases in the opponent's territory, while the others spread over their field but may not cross the division line. The ball is then tossed up by the umpire between two opponents, who face their own players during the jump, but must return to their own field when the ball touches a third person. Two ten-minute periods may be played. A point is scored each time a corner player makes a fair catch while having at least one foot on his base or while jumping upward from his base. A player may not run with the ball or bounce it, but

must throw from a stand, attempting to give his corner playe a fair catch.

The opponents score a point: (1) When a corner player place all his weight outside his base. (2) When a foul is made b running with ball or stepping over division line, or placin any weight on corner base of opponents.

59. **Pin Guard of Club Circle** (7, 8). Players form a circl twelve to twenty feet in diameter, standing closely about a leade who attempts to protect a club placed upright in the center while the circle players try to cause it to fall by throwing o kicking a basket ball. The player who causes it to fall or wh has the ball when the center player knocks it down, takes hi place as a protector. The one who remains guard longest, wins The ball should be thrown underhand or should be kicked witl the side of the foot.

60. **Side Kick** (8). The players are divided into two teams or captains are appointed who choose teams. Two drivers lines are drawn upon the ground ten feet apart and parallel t each other. Two more lines, the goal lines, are drawn, one out side each drivers' line and parallel to it. These goal lines mus be $7\frac{1}{2}$ feet distant outside the drivers' lines. The lines shoul not be longer than about three feet for each player of one team

The teams line up behind the goal lines, then join hands an face the opposing team. The first member of each team i driver and takes his position inside the drivers' lines, with hi back to his own team.

The object of the game is to kick the ball over the goal lines but under the arms of the opposing team. If this is done, a score of two points is made by the side having kicked the ball As soon as a two-point score is made, one new driver from eacl team steps into the drivers' field, and the old drivers join th team of the other end.

If the ball is kicked over the hands of a team, this team score

one point, and not the team which kicked the ball. The drivers may not kick the ball over the opponents' goal line, but their duty is to manipulate the ball with their feet in such a manner that their own side may get a good opportunity for kicking the ball. The teams must try to prevent the ball from going over the line by obstructing it with their legs, bodies, and arms, but they may not break the line by loosening their hands. No score can be made by a side if its line is broken at the time the kick is made. If a team obstructs a ball, and its line is broken when the ball is kicked by an opposing player, the other side shall count one point.

Rule 1. The ball must be put in play by the referee at the beginning of the game, or inning, after a score has been made, and whenever the ball rolls out of bounds.

Rule 2. The players must line up behind their goal lines at every new play.

Rule 3. The teams may, during the play, move forward and backward over the goal lines, but may at no time cross the drivers' line.

Rule 4. If any player advances over the drivers' line, the other team shall score one point.

Rule 5. The drivers may play only inside the drivers' field; if a driver steps over the drivers' lines, the other side shall score one point.

Rule 6. One inning shall consist of 20 points.

Rule 7. A game shall consist of 3 innings.

The teams must change goal lines at the beginning of every new inning. The team making the highest total score shall win that game.

61. **Combination Race** (8). Two, three, or more teams of equal numbers of players shall be formed, or captains may be appointed who choose teams. The teams are lined up in file formation with eight feet space between each team. A base

line is marked, and parallel to it and at 30 to 50 feet distant, a goal line is drawn. Opposite each team, a basket, chair, or box must be placed on the goal line to serve as goal mark. The first player in each team receives a basket ball, a football, or a bean bag.

At the starting signal, the first player runs to the mark, goes around it, and, after rounding it, stops and throws the ball back to the next runner of his team. In turn, each player runs and throws, until the ball is back again in the leader's hands. After a player has thrown his ball, he must quickly run back to his team.

The team which first returns the ball to its leader wins the race; the leader must be on the starting line.

Fouls: 1. Crossing the base line before the ball is in the runner's hands.
2. Throwing the ball before having rounded the mark.
3. Running or throwing or returning on the wrong side.
4. Throwing with the wrong hand.
5. Interfering in any way with any other competing team's runner or ball.

The following order of heats should be followed:

First heat — Running up on right side, rounding the mark to other side, throwing ball back with right hand, and returning on left side.

Second heat — Running up on left side, rounding the mark to other side, throwing the ball with left hand, and returning on right side.

Third heat — Nos. 1 and 2 combined.

Fourth heat — Like 1, but bowling the ball back.

Fifth heat — Like 2, but bowling the ball back..

Sixth heat — Like 1, but snapping the ball back between the legs.

62. **Ling: German Ball** (5–8). Players, 10 to 40. Use an indoor ball and bat. This game may be played on the gymnasium floor or in open air; playing space, 35 by 70 feet, or 40 by 80 feet. Home base is at one end, marked by foul line parallel with front edges of batter's boxes and ten feet from end boundary. Players divide equally, and fielders spread out over playing space. Batters arrange batting order, youngest (or shortest) to bat first. The batter takes position in either box, and the next youngest batter becomes the pitcher and occupies the other box. Being on the same side, he tosses the ball vertically about eight feet high to allow his batter an easy strike. Two badly tossed balls count a strike, as do the first two foul strikes, the batter being out if, after three strikes, he fails to bat the ball into fair field. After a fair hit, the batter may attempt to run to first base (which is the further boundary of playing space) or he may remain in home and run on any subsequent hit made by his team mates. The pitcher becomes next batter. A score is counted whenever a base runner makes the run from home to base and back without being tagged or struck with the ball while in the fielders' space. After reaching base he may remain there in safety, providing he does not leave base with both feet while the ball is in field. After once fairly leaving a base, he cannot return, but must make the next base, running the chance of being put out. Three outs retire the side at bat, the fielders becoming batters.

An out is scored whenever a batter fails to hit the ball after three strikes; or when a fair hit ball is caught on the fly before it touches a wall or ceiling or other obstruction. A base runner is out if touched by the ball while he is in field, except that, if the ball be thrown, he is not out if struck by the ball above the shoulders, or if the fielder advanced with the ball before throwing. Base runners must return to the base last touched after a caught fly ball and are liable to be touched or thrown out until such return. A fielder may not advance with the ball in mak-

ing an out and must keep one foot in place; but, if progress is made, he may toss the ball to another fielder, who may attempt any play. A base runner may not leave his base until the ball is actually in the playing field. When in the batter's space (behind the foul line), base runners must have one foot behind base line. The game is decided by the greater score in any number of agreed innings or time. A fair ball is one struck by the batter which, if unobstructed, will settle on fair field beyond the foul line, which extends up the walls and across the ceiling when indoors.

63. **Dodge Ball No. 2** (7, 8). Players (twenty to sixty) divide equally, one side taking the center of the floor, while the opponents form at equal distances on a marked circle about them or in touch with the four gymnasium walls. The circle players have a basket ball which they throw at the inner group, any one of whom on being touched leaves the center and joins the circle of throwers. The player who stays longest in the center without being touched by the ball, wins. The sides may play a time game in which all players who are hit become spectators until their side has its turn at throwing, each side having the same number of minutes as throwers. The side which keeps the greater number of players in the center during its half of center play, wins. With active players, two balls may be used when only a few remain in the center. Throwers must have one foot touching the wall or boundary when throwing the ball; when they find it necessary to leave the boundary to secure the ball, they must pass the ball to a circle player to put in play.

64. **Playground Ball** (5–8). The rules for this game may be found in Spalding's Athletic Library No. 321, which costs ten cents.

65. **Volley Ball** (5–8). The game is similar to lawn tennis, but the players use the hand instead of a racket, and the ball is a

large inflated one, similar to a basket ball. The court is a rectangle twenty-five by fifty feet. The net is stretched with its top seven feet from the ground; an ordinary tennis net will do. Any number may play.

The game consists in batting the ball over the net with the open palm. A point is gained whenever a side serves or returns the ball over the net legally, the ball falling within the opposite court, and the opponents fail legally to return the ball within the court. The server has two tries to get the ball over the net and within the court. The server continues as such, until the opponents score a point. In serving, the server must stand on the back line of his court. In serving, no dribbling is allowed; the ball must be batted at least ten feet. (Dribbling is striking the ball quickly and repeatedly into the air.) When the server's side loses a point, one of the opponents becomes server.

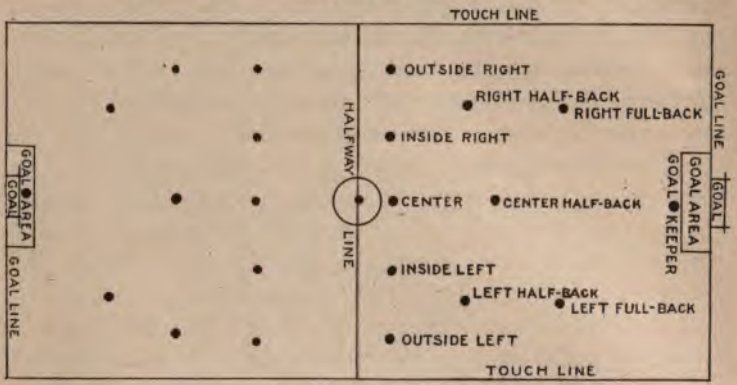
If any player touches the net, he makes a foul, said foul forfeiting the ball if made by the server's side, and costing a point if made by the other side. If both sides foul at once, the ball is dead, and the play is made over.

The opponents must return the ball in one of three ways: (1) before it touches the ground; (2) before it touches the ground or on the first bound; (3) before it touches the ground or on the first or second bound. (1) is the fastest game, (3) the slowest and best for younger children. Team captains must agree or decide by lot on (1), (2), or (3) before playing. A game is 21 points.

66. Pin Ball (5–8). Played with a basket ball and using basket ball rules, with the following exceptions:

Instead of the throwing baskets, at each end of the playing space is a four-foot circle with an upright tenpin or Indian club in the center and a concentric twelve-foot circle. The guard stands between these two circles, and the game is to knock down the pin. Knocking the pin down counts two points.

All fouls count one point. Besides regular basket-ball fouls, it is a foul for any player but the guard to step inside the twelve-foot circle or for the guard to block the ball while inside the four-foot circle. If he knocks down the pin himself, it is two points for the other side just as if they had knocked it over with the ball.



PLAN OF SOCCER FOOTBALL FIELD

67. Soccer Football (modified). THE FIELD. For a match game, the field should be between 50 and 100 yards wide, and between 100 and 150 yards long, divided into halves by a line running the short way. This line is called the "center line." The lines along the sides are called the "touch lines," and the lines across the ends are called the "goal lines." At the exact center of the field is a circle, having a ten-foot radius.

GOAL. The goals are posts eight yards apart, so placed that each post is four yards from the middle point of the goal line. Connecting these posts is a cross bar eight feet from the ground. These posts are not essential, as any kind of marker will do.

GOAL AREA. Six yards outside each goal post is a line perpendicular to the goal line and six yards long. The ends of these lines are connected by a line parallel with the goal line. The resulting inclosed space is called the "goal area."

PLAYERS. There are eleven players on a side, named: center, inside right, outside right, inside left, outside left, left halfback, right halfback, center halfback, right fullback, left fullback, and goal keeper.

TIME OF GAME. The game lasts not over thirty minutes, divided into halves with a five- or ten-minute interval. If the captains cannot agree on a length of time to play, the time shall be two ten-minute halves.

GOAL CHOICE. The choice of goal to be defended or of kick-off is decided by the toss of a coin, the winner choosing one or the other.

STARTING THE GAME. The game shall begin by a place kick from the center of the field in the direction of the opponent's goal. No opponent is to approach within six yards of the ball until it has been kicked off, and no player is to pass beyond the center of the field until the ball has been kicked off. After a goal has been scored, the losing side shall have the privilege of kicking off from the center. At the end of the first half the sides must change goals, and the side which did not kick off the first half kicks off the second.

SCORING. A goal is scored when the ball has passed between the goal posts and *under* the cross bar, provided: it has not been thrown, carried, or touched by the hands or arms of any player on the attacking side. A goal counts one point for the attacking side.

OUT OF PLAY. When the ball crosses the goal line or touch line, either on the ground or in the air, it is "out of play." When it has crossed the touch line, it is said to be "in touch," and is put in play by a player of the side opposite to that which played it out. This player stands on the touch line facing the field of play, and throws the ball, with both hands, from over his head into the field of play. This player cannot again touch the ball until it has been touched by another player, neither may a goal be scored from a "throw in."

KICKING OUT OR GOAL KICK. When the ball is forced over the goal line by one of the attacking side (if a goal is not made), it is put in play by being kicked off by one of the defenders within that half of the goal area nearest the point where the ball crossed the line. If it is kicked across the line by one of the defenders, it is kicked out by one of the attacking side from a point within one yard from the nearest corner. This is called a "corner kick." No opponent is allowed within six yards of the ball until it has been kicked.

HANDLING THE BALL. No player shall handle, throw, carry, or touch the ball with his hands; except that the goal keeper may, within his own half of the field, use his hands so long as he does not carry the ball. Penalty for violation: free kick from spot where illegal play occurred.

DANGEROUS PLAY OR FOULING. Tripping, kicking, or jumping at a player is not allowed. Neither is holding or pushing. Penalty: a free kick by opponents from a point fifteen yards in front of offender's goal, unless the foul occurred nearer than that to the offender's goal, when the kick may, at the option of the offended captain, be taken from the spot where the foul occurred.

FREE KICK. A free kick is a kick at the ball, during which no opponent may approach within six yards, unless standing on his own goal line. The kicker may not again play the ball until it has touched some other player.

RE-STARTING PLAY. If the game has stopped from any cause, the play is re-started by the referee throwing down the ball at the spot where it was when play was stopped. The ball is then in play as soon as it touches the ground, and not until then.

OFFICIALS. The officials are a referee, two linesmen, and a timekeeper and scorer.

SUGGESTIONS.

Do not use your hands.

Do not let the ball hit your hands or arms.

Do not hold, trip, or push.

Do not charge an opponent. This is permissible in the case of the goal keeper if he has the ball in his hands.

The best method of play is that of passing the ball from one to the other by short kicks, *i.e.*, " team play." It is better and safer to let the ball hit the body before attempting a kick, rather than to try to kick it while it is in the air.

Do not dress too warmly, but carry extra clothing to put on between halves and after the game. If possible, bathe or at least rub down, and change clothing after the game.

The penalties given here are more severe than those of the official rules, but this is intentional.

MASS COMPETITIONS

Purpose. Mass competitions are designed to bring into active athletics the greatest possible number of school children. As the tendency in athletics is for each to do the thing he can do best, and thus develop into a specialist instead of attaining all-round physical efficiency, these competitions are divided into three groups: there is a running event as a speed test; the boy must jump a certain distance as a test in agility; and he must pull himself up to a bar a certain number of times as a test of strength and endurance.

At first few will be able to qualify — experience shows that the proportion is only 2 per cent. After practice, in some cities, nearly 60 per cent qualified. Those qualifying should be given a badge as a distinguishing mark, and their room and grades should be credited with a certain number of points.

That every grade may have an equal chance of standing at the head of the athletic efficiency list, the severity of the test is graded according to age. The age must be figured as age on September 1 and February 1. Thus a boy will not shift from one standard to another during a school term.

It is best to test each group at a different time of year. Experience shows that the best rotation is jumping in the fall, chinning during the winter when outdoor work is not possible, and running in the spring.

STANDARDS FOR DIFFERENT AGES IN DIFFERENT EVENTS

AGE	DASHES. TIME IN SECONDS					STANDING BROAD JUMP (Ft. In.)	CHINNING (Times)
	40 yds	50	60	80	100		
8	*7.8					5	1
9	*7					5 – 2	2
10	*6.4					5 – 4	2
11	*6					5 – 6	3
12		*7.2	8.8			5 – 9	4
13			*8.4			6 – 3	5
14			7.8	*11	14	6 – 6	6
15			7.6	*10	13.4	6 – 9	7
16			7.4	*9.8	12.8	7	8

In the running events, each age will compete at the starred (*) distance, unless specifically directed otherwise. Under no circumstances should girls be allowed to run over 60 yards.

Rules for Contests. The following rules should be observed:

JUMPING. No take-off allowed. Contestant must jump from the soil. No double jump shall be allowed, but he may rock from heel to toe. He may not lift either foot clear of the ground, nor slide either foot along the ground in any direction. Both feet must toe the mark, and the jump is measured from the mark to the nearest point touched by his person or clothes.

CHINNING. The child shall extend himself to his full length before and after each pull-up, and shall be obliged to raise his body without a kick, snap, jerk, or swing, to such height as to bring his chin higher than the bar.

RUNNING. Any type of starting position allowed. The starter must drop his arm when he says, "Go," so that the timer may know when to start his watch. The starter may stand at the finish, if he is to act as timer also, and have the runner start at the drop of the starter's arm. Have a judge at the starting point to see that the contestant toes the line properly. A stop watch is necessary for this test. Start the watch when the arm drops, and stop it when the runner crosses the finish line.

Each child qualifying in all three tests should have his name posted in his room, and, if possible, should be given some badge or ribbon.

A child will get a credit, for his room, of one point for each event that he qualifies for; but if he qualifies in all three events, he gets four points. An additional point will be allowed for each grade and each event that he qualifies in above his own age. That is, a 12-year old boy, qualifying in all three events in the 13-year old grade, gets seven points instead of four.

When a child thinks he can pass the test in any event, he informs his teacher, and is tested. Every fortnight the results should be sent to the office of the principal. This report should include the name, age, grade, and record made. These reports should be kept until the close of the school year. Every fortnight the principal should report the results for his building, reporting merely the number qualified in each grade, in each event, with the total number of points made since the last report and for the school year.

Another method of mass competitions is to take the total jump of the class, each child to start with his toes at the mark made by the heels of his predecessor. Measure the total dis-

tance from the starting mark of the first contestant to the heel mark of the last.

In chinning contests under this method, count the total number of times that the class can chin. This is done by lining up the class at the bar and letting each child chin in turn as many times as he can, and then adding the individual efforts to get the class total.

In running, under this method, line up the whole class, one behind the other, at the starting line, start the first, and as the first finishes start the second, etc. As the first leaves the starting line, have the second step up to it. The starter must stand at the finish; he drops his arm to start the first, and as each one finishes he drops his arm again, thus starting the next runner. Take the time from the start of the first to the finish of the last. This gives the time it takes the whole class to run the distance. Fifty yards is a good distance for this test.

Principals and teachers are urged to encourage athletics, especially organized team play, among girls as much as possible.

THE ORGANIZATION OF A SCHOOL ATHLETIC ASSOCIATION

A most efficient means of securing the enthusiastic coöperation of pupils in athletics is the school athletic association. The following form of constitution has been found satisfactory in organizing such associations.

CONSTITUTION

OF THE . . . . . **School Athletic Association**

ARTICLE I. NAME

This organization shall be known as the ATHLETIC ASSOCIATION OF THE . . . . . SCHOOL

ARTICLE II. OBJECT

The object of this Association shall be to advance and direct clean athletics among the pupils of this school.

ARTICLE III. MEMBERSHIP

SECT. 1. The members of this Association shall be those teachers and pupils who agree to work for the honor of the school in this direction.

SECT. 2. Any public-spirited citizen interested in the development of athletics in this school may be elected to membership.

SECT. 3. The regular membership dues shall be ten cents per year.

ARTICLE IV. OFFICERS: ELECTION AND DUTIES

SECT. 1. The officers of this Association shall be a President, Vice-President, Secretary, Treasurer, and Assistant-Treasurer.

SECT. 2. Officers shall be elected semi-annually on the first Friday of October and February.

SECT. 3. The regular duties of officers as stated in . . . . Manual shall be recognized in this Association.

SECT. 4. The Treasurer shall be a member of the faculty of the school.

SECT. 5. The principal or teacher of this school shall have absolute veto power in all matters of the Association.

ARTICLE V. COMMITTEES

SECT. 1. There shall be two regular committees, known as the Executive Committee and the Games Committee.

SECT. 2. The Executive Committee shall consist of the regular officers and one representative from each of the upper four grades.

SECT. 3. The Games Committee shall be appointed by the Executive Committee, and shall have charge of all athletic competitions.

ARTICLE VI. CONDUCT OF MEMBERS AND ELIGIBILITY

SECT. 1. Any member doing that which will bring discredit on the school may be reprimanded or suspended by vote of the Executive Committee. All actions that are dishonest or discourteous are accounted detrimental.

SECT. 2. No person who is a member of this Association, and who is under eighteen years of age, shall smoke. Violation of this rule shall involve suspension.

SECT. 3. Only those pupils who maintain a grade of scholarship which, if continued, would entitle them to promotion, shall be entitled to represent their school in athletics.

SECT. 4. No pupil who is not strictly an amateur shall be entitled to represent his school in athletics.

SECT. 5. No pupil shall be allowed to play on a school team until he has obtained the written consent of his parent or guardian.

SECT. 6. Junior teams will be made up of pupils who were less than thirteen at the beginning of the term; senior teams will be made up of pupils who were thirteen or over at the beginning of the term.

ARTICLE VII. CONTESTS AND BADGES

SECT. 1. This Association shall have charge of the competitions and badges of the school.

SECT. 2. Those pupils who qualify in all three events of the mass competitions shall be entitled to a badge of the Association.

SECT. 3. This Association agrees to give a set of athletic contests once a year, open to its members.

SECT. 4. Eligibility lists must be exchanged by the principals of competing schools 48 hours before the scheduled date of a game.

SECT. 5. Protests of games or athletic events must be made in writing to the chairman of the Executive Committee within two days of the event.

ARTICLE VIII. AMENDMENTS

This constitution may be amended by a two-thirds vote of the members present at any regular meeting, provided such amendment be approved by the principal or teacher of the school.